

# Annual Physicals and Medicare Wellness Visits

## Understanding the Differences and the Importance of Both

Many people schedule a yearly trip to the doctor as a part of their annual routine care. But when scheduling those appointments many are not aware of the differences and importance of scheduling both an annual physical and a Medicare wellness visit.

These visits can help identify problems before they become more serious but vary in the approach for gathering the information. So why do you need to schedule two appointments? We've captured some of the differences between annual physicals and wellness visits, what to expect when scheduling and attending these appointments, and why it is important to have both conducted annually.

### **Annual Physicals**

Annual physicals are more extensive “physical” exams and may include additional services where a professional actually has to come in contact with a patient, such as exams (abdominal, neurological and/or lung) and bloodwork lab tests. These types of lab test are not included under a Medicare Wellness check.

Physicals are often performed by a doctor, nurse practitioner or physician's assistant.

Items to expect at a routine physical:

- Height and weight measurement check
- Blood pressure check
- BMI measurement review
- Medical and family history review
- Risk factor assessments
- Vital sign check
- Physical exams such as head and neck, abdominal or neurological exam

## Medicare Wellness Visit

Medicare wellness visits include assessments but don't include the "physical" tests where the doctor has to physically touch you. The purpose of the annual wellness visit under Medicare is to paint a picture of your current state of health and to create a baseline for future care.

Wellness visits are performed by medically trained professionals (such as nurses) and are often not conducted by doctors.

Items to expect at a Medicare Wellness Visit:

- Height and weight measurement check
- Blood pressure check
- Assessment of risk factors and identifying the need for any further tests on screening
- Health risk assessment review
- Review and update lists of providers and prescriptions
- Review signs of cognitive impairment
- Hearing and vision screenings
- Screening schedule set-up for appropriate preventative services (as needed)



**A few important considerations as setting up these appointments:**

- Any additional tests or labs that may be required as a result of the findings of your annual wellness visit, or physical exam would be billed separately by your doctor and fall under different benefits.
- You should consider scheduling a separate appointment if you want to be seen for a specific ailment or concern (e.g. a pain in a particular area).
- Take important information with you to both visits such as list of prescriptions, vaccines, list of questions, or changes to your health history.
- Consider having a family member or caregiver come with you to an appointment if you feel that it would be beneficial to have them take notes or help you remember what the provider said.
- HealthTeam Advantage also covers a number of other preventive services at no cost such as flu shots, that may not be covered in these visits.

**Your health deserves your full attention at least once a year!**

Your benefit offerings from HealthTeam Advantage cover:

- \$0 in-network Primary Care Physician Visits\*
- There is no coinsurance, copayment or deductible for the annual wellness visit. \*

**Refer to the 2019 Evidence of Coverage documents at [HealthTeamAdvantage.com](http://HealthTeamAdvantage.com) for specific details regarding your benefit offerings.**

Have questions, need help scheduling an appointment?

**CONTACT US**

Contact your personal Healthcare Concierge by phone, email or mail:

Email: [conciiergehta@healthteamadvantage.com](mailto:conciiergehta@healthteamadvantage.com)

Phone: 1-888-965-1965 (TTY: 711), October 1 – March 31, 8 a.m. to 8 p.m.

ET, seven days a week or April 1 – September 30, 8 a.m. to 8 p.m. ET, Monday through Friday.

Thank you for trusting us to help you coordinate all your healthcare needs.