



Benson Area Medical Center

A Caring Touch For All Ages - Since 1979

Notice to Medicare Patients Regarding Annual Wellness Visits

As you may be aware, Medicare now provides coverage for an "Annual Wellness Visit" in addition to the one-time "Welcome to Medicare Physical Exam".

As primary care physicians and practitioners, we know preventing medical problems is important. This new benefit is designed to focus you and your provider on plans for prevention and wellness. We believe this service will be valuable to you and we encourage you to learn about it.

There are specific Medicare guidelines for the Annual Wellness Visit, and it is not what most people commonly think of as a yearly "physical exam". It is not a "HANDS ON" exam. Rather, it is a Review of Your Health, plus Education and Counseling about preventive services. This visit is designed to focus on health promotion and prevention planning. Because of this, it is difficult to address new or chronic conditions during this visit so your provider will ask you to schedule a separate visit to appropriately address those issues.

At the Annual Wellness Visit, your provider will work with you to create a personalized plan to help keep you at your best health over the next few years. To do this, your medical history will be updated, including a list of all your other health care providers. Your blood pressure, height and weight measurements will be taken, and there will be a screening for conditions related to memory problems, depression, and how well you can do household duties. To prepare for this, you should bring the following with you:

- A list of your medicines and allergies
- A list of your medical conditions and surgeries
- A list of any of your other health care providers

This information will help us guide your healthcare and provide you advice designed to improve your overall health.

As always, we appreciate the trust you put in us to take care of all of your healthcare needs and hope that you will take advantage of this new benefit. If you would like to schedule an appointment, for any reason, please call the office location where you visit your provider.



Benson Area Medical Center

A Caring Touch For All Ages – Since 1979

MEDICARE'S WELLNESS VISIT

Today's visit is solely for the purpose of my annual Medicare Wellness Visit. According to Medicare guidelines these visits include:

- Review of medical and family history
- Establishing or updating a list of current providers, suppliers, and medications (including supplements)
- A personal risk assessment (including any mental health conditions)
- A review of functional ability and level of safety
- Screening for any cognitive impairment
- Screening for depression
- Establishing a schedule for Medicare's screening and preventive services you qualify for over the next 5 to 10 years
- Any other advice or referral services that may help intervene and treat these potential health risks.

Medicare's Wellness Visit **DOES NOT COVER** any other conditions, lab work (including Pap), pelvic and breast exam, or procedures.

You will need to make a separate appointment to discuss any other medical conditions or lab work. Medicare will not pay for any other service provided at the same visit with your Annual Wellness Visit.

A complete physical exam (CPE) is not covered by Medicare. You will be responsible for the charges. If you have a secondary insurance, you will be responsible for determining if this CPE will be covered.

I UNDERSTAND AND AGREE WITH ABOVE STATEMENTS:

(patient signature)

Date: _____

What to bring to your Annual Wellness Visit

Name: _____

Date of Birth: _____

The names of all the doctors on your current healthcare team including specialists (eye doctor, cardiologist, foot doctor):

Name	Specialty

A bag with all of the medicines you take including over-the-counter drugs, vitamins and herbals:

Name of Medicine	Specialty

Benson Area Medical Center

Name: _____

Date of Birth: _____

The names and locations of your pharmacies:

Name	Location

The names of your medical equipment supply companies (example: oxygen supplier):

Name of Company	Equipment

The name of your home health agency:

Medicare Annual Wellness Visit

Health Risk Assessment

Your name: _____

Today's date: _____

1. Because of any health problems, do you need the help of another person with your personal care needs such as eating, bathing, dressing, or getting around the house?

Yes

No

2. Can you prepare your own meals?

Yes

No

3. Can you get to places that are farther than walking distance without help?
(For example, can you travel alone or on buses or taxis, or drive your own car?)

Yes

No

4. Can you go shopping for groceries or clothes without someone's help?

Yes

No

5. Can you do your housework without help?

Yes

No

6. Can you manage your own medications without help?

Yes

No

Benson Area Medical Center

7. Can you handle your own money without help?

- Yes No

8. Have you fallen two or more times in the past year?

- Yes No

9. Are you afraid of falling?

- Yes No

10. Do you have hazards (rugs, furniture, low lighting) in the house that might cause you to fall?

- Yes No

11. Do you have grab bars in the bathroom?

- Yes No

12. Do you have handrails on the stairs?

- Yes No

13. Over the past two weeks, how much have you been bothered by feeling anxious, depressed, irritable, sad, or hopeless or blue?

- Not at all
 Slightly
 Moderately
 Quite a bit
 Extremely

14. Over the past two weeks, how much have you felt little interest or pleasure in doing things?

- Not at all
- Slightly
- Moderately
- Quite a bit
- Extremely

