

# Medicare Annual Wellness Visit

If you're on Medicare, you qualify for a no-cost Annual Wellness Visit. This visit focuses on keeping you healthy. That's key to living a long, healthy life.

## What is an Annual Wellness Visit?

It's a yearly appointment with your primary care doctor. It's not the same as a physical. There's no lab work or hands-on testing. It's more of a personalized care plan session. The goal is to keep you healthy and meet your unique health needs.

There are 2 types of wellness visits:

### 1. Initial Preventive Physical Exam (IPPE)

This is also known as a "Welcome to Medicare" visit. It's only for new Medicare patients. You must have it within the first 12 months of starting Medicare.

### 2. Annual Wellness Visit

You'll have this one year after the "Welcome to Medicare" visit. Future visits happen 11 full calendar months after your last one.

When you call, it's important to ask to schedule an Annual Wellness Visit. That way you can make sure Medicare covers it. You may pay for any services outside of the Annual Wellness Visit during your appointment. Be sure to ask any questions about costs before your visit.

Some health plans will let you have wellness visits without waiting 11 months. Be sure to check with your health plan or doctor to make sure you're in the time frame.



## What to expect at your Annual Wellness Visit

Your doctor will complete these things during your visit:

- Check your blood pressure, heart rate, height, weight and body mass index (BMI). Your BMI is a measure of body fat based on height and weight.

(List continues on next page)

- Go over your current health problems.
- Go over your medical, surgical, family and social histories.
- Check your current medicines.
- Talk to you about healthy eating.
- Talk about an exercise plan that's right for you.
- Talk about quitting smoking. They'll also arrange for counseling (if needed).
- Talk about how to keep falls from happening.
- Talk about advance care planning.
- Give you a thinking and memory test. This looks for signs of dementia, including Alzheimer's disease. Dementia is memory loss that gets worse over time.
- Go over any screenings you may need.



## How to prepare for an Annual Wellness Visit

Bring these items with you on your visit:

- Completed assessment form. This will lessen the amount of time you'll have to spend at the office.
- If you can't or don't want to complete it before your visit, please bring:
  - Shot (immunization) records
  - List of current prescribed medicines, supplements and over-the-counter supplements
  - List of your care team and any specialists you see
  - List of your questions

Please also be ready to go over your family history.

### Your next steps

**1. Complete the Medicare Annual Wellness Visit forms provided by your doctor's office before your first visit.**

It will help you and your primary care doctor (PCP) create a personalized care plan.

**2. If you don't have your visit scheduled, call your doctor's office to schedule one.**

**3. Learn more about what you can expect at your first visit at [optum.com/firstvisit](https://www.optum.com/firstvisit).**

**Questions?** Call the member services phone number on your insurance card.



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