



## TIDEWATER PHYSICIANS MULTISPECIALTY GROUP

### MEDICARE ANNUAL WELLNESS VISIT

*PLEASE READ CAREFULLY*

Tidewater Physicians Multispecialty Group (TPMG) is dedicated to providing you with information pertaining to your Medicare Annual Wellness Visit (AWV). You may contact your physician's office directly to schedule your first visit.

Effective January 1, 2011, Medicare began covering an Annual Wellness Visit. This visit is with your primary care provider, and there are no copays or deductibles for this visit.

Your AWV is not an annual physical, nor should it be confused with the Welcome to Medicare Visit (a one-time visit for patients new to Medicare). Your doctor should be someone who knows you as a person, not just when you are sick. The AWV is designed to help you and your doctor develop an ongoing health plan intended to keep you healthy, safe and independent for a long time.

You AWV will include, in addition to other things:

- Medical history
- Health risk assessment
- Evaluation of physical condition
- Screening for cognitive impairment
- Prevention plan set by your provider, including appropriate health screenings
- Additional testing if determined necessary by your provider (there may be a fee associated with some services)

### FREQUENTLY ASKED QUESTIONS

**1. What does the AWV cost?**

You pay nothing out of pocket for this visit; however, if additional testing is required, you may incur a copay or deductible expense.

**2. When am I eligible for my AWV?**

After you have had Medicare Part B for more than 12 months. If you have had a Welcome to Medicare Visit within the last 12 months, you must wait 12 months to schedule your AWV.

**3. What if I am sick? Can I schedule my sick visit and AWV at the same time?**

It will depend on the severity of the illness and your doctor's schedule, but this may be possible; however, you will be charged for a sick visit at that time.

#### 4. **How often can I have my AWW?**

You may have an AWW once every 12 months.

#### 5. **What is covered during the AWW?**

Your first AWW will include:

- Routine measurements such as height, weight, blood pressure and body mass index (BMI)
- Review of medical and family history
- Establishing a list of current providers, suppliers and medications
- A personal risk assessment (including any mental health conditions)
- A review of functional ability and level of safety
- Detection of any cognitive impairment
- Screening for depression
- Establishing a schedule for Medicare's screening and preventive services you qualify for over the next 5-10 years
- Other advice or referral services that may help intervene and treat potential health risks
- Voluntary advanced care planning

Subsequent AWW will include:

- Measurement of weight, blood pressure and other measurements deemed appropriate
- An update to medical and family history
- An update to the list of providers, suppliers and medications
- A review of the initial personal risk assessment
- Detection of any cognitive impairment
- An updated screening schedule
- A review and update to list of referral services to help intervene and treat potential health risks

#### 6. **Is the AWW the same thing as an annual physical exam?**

No. An annual physical is a much more extensive physical examination. In addition to collecting a medical history, it may also include: Vital signs checked, lung exam, head and neck exam, abdominal exam, neurological exam, dermatological exam and extremities exam. The AWW should not replace your annual physical.

#### 7. **Will I actually see a doctor during the AWW?**

You will see your primary care provider, which could be a physician, nurse practitioner or physician assistant; however, most of your time may be spent with an allied health professional, such as a nurse or medical assistant who will gather most of your medical history so that your physician can determine an appropriate preventive health screening plan.

#### 8. **What is the difference between the "Welcome to Medicare Visit" and the "Annual Wellness Visit"?**

- Medicare covers a one-time Welcome to Medicare Visit (see below for what your provider will cover at this visit).
- Medicare also covers an Annual Wellness Visit every 12 months (see above for what your provider will cover during this visit).

**9. When am I eligible for my Welcome to Medicare Visit?**

Medicare covers a one-time Welcome to Medicare Visit within the first 12 months you have Medicare Part B. If you did not receive your Welcome to Medicare Visit and have been with Medicare for more than 12 months, you are eligible for your AWW.

**10. What does the Welcome to Medicare Visit cost?**

Effective January 2011, you pay nothing out of pocket for this visit.

**11. What is covered in the Welcome to Medicare Visit?**

A Welcome to Medicare Visit is similar to the AWW and includes:

- A thorough review of health, education and counseling about the preventive services covered by Medicare and referrals for other care if needed
- Establishing a schedule for Medicare’s screening and preventive services you qualify for over the next 5-10 years
- A review of a medical and social history with attention to risk factors for disease detection
- A review of an individual’s potential for depression or other mood disorders
- A review of the individual’s functional ability and level of safety
- An examination to include an individual’s height, weight, blood pressure, visual acuity screen, measurements of body mass index (BMI) and other factors as deemed appropriate by the examining physician or qualified non-physician practitioner
- End-of-life planning, upon an individual’s consent
- Education, counseling and referral based on the results of the review and evaluation services described in the previous five components
- EKG with interpretation and report
- Hearing assessment

**12. Do I need to have my Welcome to Medicare Visit before my AWW?**

You do not need to have a Welcome to Medicare Visit before getting an AWW, but if you choose to have the Welcome to Medicare Visit, you will have to wait 12 months before you can have your first AWW.

**13. What if I require further tests or screenings?**

Medicare covers many screenings for people who are at high risk for certain diseases. During your AWW, you and your doctor will decide on the appropriate tests and screenings.

**CALL YOUR TPMG PHYSICIAN’S OFFICE  
TO SCHEDULE YOUR ANNUAL WELLNESS VISIT**