

ANNUAL WELLNESS VISIT

You wouldn't drive your car 67 years without a tune up - don't do that to your body



KANIKSU
COMMUNITY HEALTH

An Annual Wellness Visit (AWV) is not a physical exam or "check-up." At an annual physical your provider looks for signs of major problems and does important routine tests. An AWV is different. It's more like a planning session where you and a member of your care team can spend time talking about your health and your life. The goal is to create a plan just for you - to help you avoid or reduce the effects of conditions like diabetes, heart disease and obesity. It may also help you avoid dangerous falls and visits to the emergency room.

MANAGE YOUR HEALTH - WITH HELP

Many people visit their primary care provider only for an annual physical, "check-up", or when they feel sick. If that's true for you, you're missing out on an important chance to partner with a member of your care team to learn how to live a healthier life.

An AWV is available at NO COST for Medicare members. Although the AWV is provided as a benefit to all Medicare members, if a medical condition is found during the visit, there may be a cost to treat it.

GET THE MOST OUT OF YOUR VISIT BY BRINGING THESE ITEMS WITH YOU:

- All of the medications and supplements you currently take
- A list of all doctors and pharmacists that you use
- Medical records, including screenings and shots you've had in the past year

ADVANCE CARE PLANNING

Medicare Part B covers voluntary Advance Care Planning as part of the yearly AWV. You can talk about an advanced directive with a member of your care team, and get help filling out the forms.

An advanced directive is a written document stating how you want medical decisions to be made if you lose the ability to make them for yourself. It may include a living will and a durable power of attorney for healthcare.



WHAT TO EXPECT AT YOUR AWV

- Assess overall physical, joint and emotional health
- Assess brain health, memory and depression
- Blood pressure check
- Height and weight
- Reconcile medications and supplements
- Make a plan for addressing chronic conditions
- Plan for preventive screenings and shots
- Review your medical history
- Create or update your advanced directive
- Review a list of all your specialty providers

Have
questions?

Call 208.263.7101
kchnorthidaho.org



FAQ

- Why should I make an appointment to come to the clinic when I am not sick?
 - The best way to maintain your good health is through regular preventive care. In addition, should you become ill or injured, a healthcare team that already knows you and your medical history will be better able to care for you.
- What is the Medicare Initial Preventive Physical Exam or "Welcome to Medicare" visit?
 - This is your first Medicare preventive visit after enrolling. It includes all the components of the AWW, plus a physical exam. You are only eligible for this visit within the first 12 months of enrolling.
- Isn't an AWW the same thing as an annual physical?
 - No. An annual preventive exam is:
 - A review of active medical problems, development of specific treatment plans, and an examination and evaluation of the entire person.
 - A hands-on physical exam that includes an inspection of the organ system.
 - Routine lab work not otherwise covered by Medicare as preventive (consult your specific plan for covered labs).
- What is Medicare Advantage?
 - Medicare Advantage Plans, sometimes called "Medicare Part C" or "MA Plans" are offered by private companies approved by Medicare, who pays these companies to cover your benefits. You pay a little more for these plans and they provide additional health benefits beyond straight Medicare or Medicare Part B. One example of an additional benefit covered by Medicare Advantage Plans is an annual physical exam in addition to your AWW.

RECOMMENDED PREVENTIVE CARE

Preventive Care	Age	Men	Women	Frequency
Colorectal Cancer: Colonoscopy or FOBT	50-75	X	X	Every 10 years (FOBT - annually)
Breast Cancer: Mammogram	45-75		X	1-2 years
Cervical Cancer: PAP	21-29 30+		X X	Every 3 years Every 5 years
Prostate Cancer	50+	X		As recommended
Osteoporosis - DEXA	65+		X	2-5 years
Pneumococcal Vaccine (PCV13 & PPSV23)	65+	X	X	Once
Flu Vaccine	All ages	X	X	Annually

The above are general recommended guidelines. Your medical history and personal risk factors influence recommended preventive care. You can discuss your personal preventive health care plan with a member of your care team at your AWW.

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