



As a Medicare beneficiary, you are entitled to a preventive wellness visit with your primary care physician once a year. What better way to work together to help you stay healthy and live longer!

As your primary care physicians, we know that the key to your health is prevention. This Medicare benefit is designed to have you and your physician work together to develop a personalized health plan for you that focuses on prevention and wellness.

Where to Go for Additional Information

Medicare has a number of helpful publications to provide you with more information. They are available online at www.medicare.gov

Your Guide to Medicare's Preventive Services includes an explanation of what is covered at a wellness visit.

Welcome to Medicare Physical Exam Questions and Answers explains the difference between an Annual Wellness Visit and the "Welcome to Medicare" exam and gives tips on how to prepare for both.

The *Medicare and You Handbook* is the comprehensive resource guide for Medicare beneficiaries.

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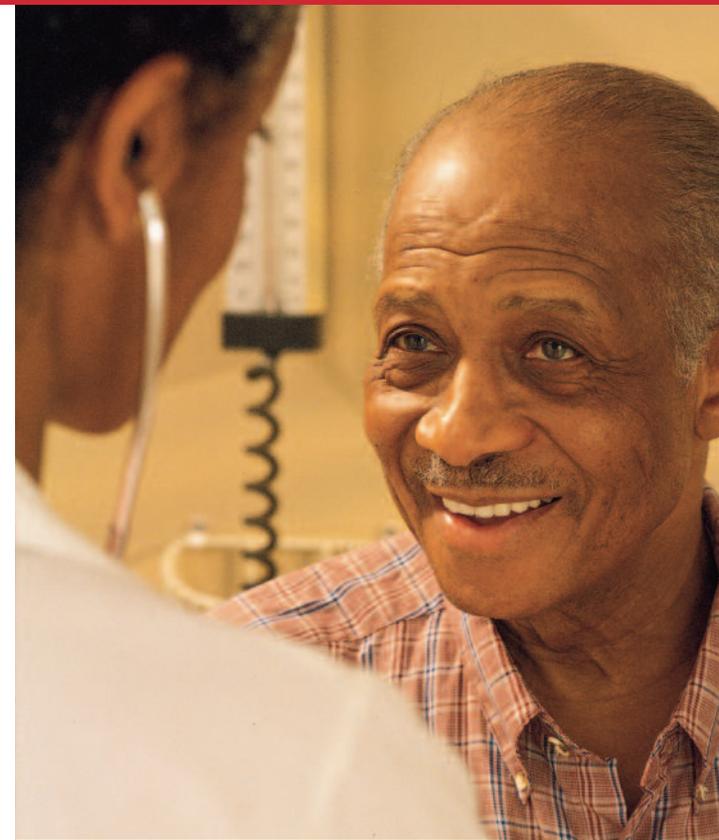
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Medicare Wellness Visits

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Types of Medicare Wellness Visits

“Welcome to Medicare” Visit -- This visit is for patients who are new to Medicare and is a one-time benefit only available in the first 12 months of enrollment. It is also called your Initial Preventive Physical Examination (IPPE).

Annual Wellness Visit -- This type of visit is for patients who have been enrolled in Medicare for more than 12 months. Medicare allows one Annual Wellness exam every 365 days.

Your Initial Preventive Physical Examination

Your IPPE is designed to create a baseline for your health and a roadmap for wellness.

It consists of:

- Evaluating your medical and family history, current health, and prescriptions
- Checking your blood pressure, vision, weight, and height
- Determining whether you are up to date with your preventive screenings and services
- Ordering further tests, depending on your general health and medical history

What to Bring

- Copies of your medical records. If you don't have them available, bring as much personal medical information as you can.
- Details about your family health history.
- A list of the prescription and over-the-counter drugs, vitamins, and supplements you are currently taking.

Your Annual Wellness Visit

Includes:

Routine measurements, such as your height, weight, blood pressure, and body mass index.

Review of your individual and family medical history.

Review of the medications, supplements, and vitamins you are currently taking.

Discussion of the care you are currently receiving from other health care providers.

Review of your functional ability and level of safety (for example, your risk of falling at home), including cognitive impairment, as well as a screening for depression.

Discussion of personalized health advice that takes into account your risk factors and specific health conditions or needs, including weight loss, physical activity, smoking cessation, fall prevention, and nutrition.

Discussion of referrals to other appropriate health education or preventive counseling services that may help you minimize or treat potential health risks.

Planning a schedule for the Medicare screening and preventive services you will need over the next five to 10 years.

Does Not Include:

Evaluation and treatment of existing medical conditions (for example, diabetes or hypertension) or new medical problems.

The emphasis of this visit will be on **prevention and screening, NOT detection and diagnosis**. We recommend that you schedule a separate visit to address specific medical conditions.

Please understand that if your physician addresses your additional medical concerns, that service will be subject to your Medicare deductible, coinsurance, and/or copay.

