



## Primary Care

# Checkups and Medicare Annual Wellness Visits

Your Northwestern Medicine primary care physician is here to support your health and well-being at every age and stage — not just when you are sick. Most health insurance plans cover annual checkups (often called annual visits, physicals, or preventive or wellness visits) to help keep you healthy. Medicare may also cover an Annual Wellness Visit once a year. At this visit, you work with your physician to complete a health risk assessment and make a preventive care plan.

Most health insurance plans and Medicare cover the cost of an annual checkup. However, you should check with your health plan to find out if there is a cost for the visit. Other medical conditions that you bring up during your visit, such as pain, skin conditions or chronic health issues, will not be covered as part of your annual visit and will be billed.

## Annual checkup

Contact your health plan to learn what services are covered during a checkup. If your visit is scheduled within a year of your last checkup, please contact your health plan to confirm it will be covered.

### At your annual checkup, we may:

- › Review or update your medical history
- › Check your vital signs
- › Do screening tests
- › Examine your heart, lungs or other organs

## Medicare Annual Wellness Visit

### At this visit for patients on Medicare, we will:

- › Review your medical and family history
- › Create or update a list of your physicians and other healthcare professionals and prescriptions
- › Measure your height, weight and blood pressure
- › Screen for cognitive impairment
- › Give you personalized health advice
- › Create a list of your risk factors and treatment options
- › Set a screening schedule (like a checklist) for preventive care
- › Discuss advance care planning