

Your Medicare Annual Wellness Visit

One of the best ways to stay healthy is through preventive care. Preventive care includes recommended screening, tests, and immunizations that prevent future disease and catch health problems before they become serious. We offer preventive care during wellness visits as part of your Preventive Services benefit.

Your annual wellness visit will focus on preventive care that your provider recommends for you. Your visit will be with a Registered Nurse who works closely with your provider to make sure you get the preventive care you need. If you have concerns about other health issues, please schedule a separate visit with your provider to talk about them. We recommend a yearly visit with your primary care provider to review care plans for any health issues or chronic conditions, along with your annual wellness visit.

What's typically included in your wellness visit:

- Order recommended tests and immunizations
- Review your health risk assessment
- Confirm your current care providers
- Check your height, weight, BMI, and blood pressure, along with taking your medical and family history
- Review your functional ability, level of safety, and risks for disease
- Check for any cognitive impairment
- Review your preventive care needs, identify risks or conditions that need attention, and provide education and resources

What's typically NOT included in your wellness visit:

- Evaluate and diagnose new health issues
- Treat existing health conditions
- Do lab tests or X-rays for existing or new conditions or illnesses
- Prescribe or make changes in medications
- Manage ongoing chronic health conditions like diabetes or asthma
- Perform exams and immunizations required solely for employment, immigration, licenses, travel, or other types of insurance

Services not typically included in your wellness visit would not be covered by a Preventive Services benefit. If any of these services are provided today, you could be billed for a non-preventive-care office visit or for the tests depending on your plan's coverage. Depending on your plan, you might also have a copay, coinsurance, or deductible for these additional services.



Make time for wellness

Take advantage of your annual wellness visit to focus on your personalized preventive care needs, health risks, and steps you can take every day to improve your health. If you have new or existing health issues to discuss, please schedule a separate appointment so you and your provider can devote the time needed for your concerns.



For details on your coverage, call your health plan's customer service department. For Kaiser Permanente members, Member Services can be reached toll-free at 1-888-901-4636.