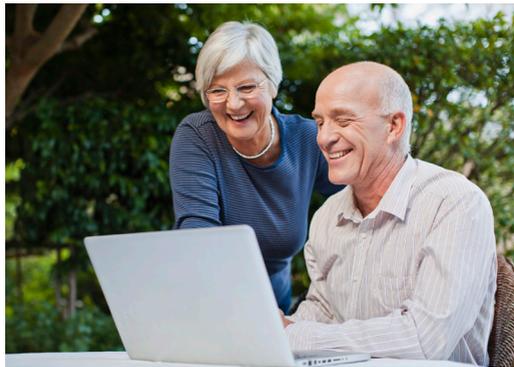


## How to schedule your Medicare Visit:

- Schedule a “Medicare Wellness Visit (65+)” online if you are 65+ and have a MyChart account.
- Request a “Medicare Wellness Visit” online for any age.
- Call 512-421-4881 to speak to a scheduler.



### What is a Medicare Wellness Visit?

This is a **preventive care** visit that your doctor would like you to complete. At your visit, we will update your list of medical conditions as well as discuss screening tests and immunizations offered by Medicare. ARC’s dedicated Advanced Practice Nurses will see you once a year for your Wellness exam while your physician will continue to see you for your health conditions and medications.

### Why do I need this visit?

As you grow older, the number of recommended screenings increase and your health needs can change rapidly. ARC wants to be your medical home and we want your records to be a complete and accurate reflection of your current health. This companion visit is designed to keep everyone on your care team up to date with your latest health information.

### Do I have to pay for it?

No, it is covered by Medicare or Medicare Advantage plans as long as the only thing addressed in the visit is preventive care. This is why it is strictly scheduled as a Wellness Visit. Keep in mind, any new problems might require further testing or visits with your primary care provider.

### What is done at the visit?

The visit includes the following, some of which are not covered at a traditional commercial insurance physical:

- Routine measurements such as height, weight, blood pressure and body mass index
- Review of medical and family history with attention to risk factors for disease detection
- Verifying current healthcare team, suppliers and medications
- A personal risk assessment including:
  - ✓ Potential for depression
  - ✓ Activity level and fall risk
  - ✓ Difficulties with incontinence
- With your agreement, discussion of end-of-life planning
- Advice or referral for services to address potential health risks

### When do I need to schedule it?

If you have traditional Medicare we offer a Welcome to Medicare Visit once during your first 12 months of Medicare Coverage and then an Annual Medicare Wellness Visit every 366 days after the first year. If you have a Medicare Advantage plan, we can offer a Welcome to Medicare Visit in the first 12 months of coverage and then an Annual Medicare Wellness Visit each calendar year.

### Is this my yearly physical?

Medicare does not cover a traditional head to toe physical exam but they do want you to have a comprehensive preventative exam once per year. In addition to this exam, you can schedule a follow up visit with your doctor to refill medications, discuss lab and x-ray results, and review your chronic medical conditions. Medicare Advantage plans will allow an Annual Physical Exam as well.



### Can my doctor do this visit?

Yes, however our Advanced Practice Nurses are trained to perform Wellness Visits and talk to you about ways to improve your health and quality of life. They will talk with you about your specific health needs and personalize a prevention plan just for you. ARC wants you to be able to take full advantage of your benefits, so we train our staff to know and explain Medicare rules and coverage.

### Do you tell Medicare what we talk about in this visit?

No, your medical record is confidential. We do send The Centers for Medicare & Medicaid Services and/or your private insurance company reimbursement requests for the services we provide. For quality assurance purposes we may provide them specific clinical information, such as blood pressure readings, and they may audit individual charts to ensure we are billing accurately.

### How should I prepare?

Most visits are between 30 and 45 minutes, depending on the extent of your medical issues. Don't forget to bring all of your medications to your appointment as well as a list of all the medical professionals you see so we can update your chart. We want every member of your care team, including your Primary Care Physician, to have a complete picture of your medical conditions, medications, recent consults and procedures.

**For more information, visit:**

[AustinRegionalClinic.com](http://AustinRegionalClinic.com)

512-421-4881

## Medicare Wellness Visits

# FAQ's

