

Middletown Valley Family Medicine

“FREE” Medicare Well Visit Information

You will be having Medicare’s **Welcome to Medicare** visit (a Medicare-specific visit performed in the first 12 months of Medicare enrollment) or an **Annual Well Visit** (a Medicare-specific visit annually after your first year of enrollment). These “free” benefits help you and your provider **update** your personalized plan to prevent disease, improve your health, assess your risk factors, and help you stay well. **These visits are different from your “routine physical exams.” Medicare Well Visits are visits to essentially perform a review of your medical history and a risk factor assessment to maintain your health.** Medicare specifies exactly what the provider asks and doesn’t ask. **Medicare Well Visits include:**

- Measurement of your weight, height, and blood pressure.
- Review of your medical, social, and family histories.
- Review of your immunizations and medications.
- Review of general risk factors.
- A ***limited*** medical exam.
- Discussion about appropriate screening tests, such as blood work, mammograms, colonoscopy, bone density, and EKG.

Medicare well visits ***do not*** include:

- Discussion/management of new issues or detailed review of chronic conditions (for example, high blood pressure, diabetes, etc.).
- Adjustment of chronic medications.

When a patient receives ***both*** a physical and a problem-oriented service at the same visit, the provider is **required** to charge two separate codes (fees). **Medicare will not pay for both services** fully. As a result, you will be financially responsible for any uncovered services.

What should you bring to your visit?

- Photo Identification, your Medicare card
- Your Patient Intake Form and Health Risk Assessment Form (for Annual Well-Visit Physicals only)
- All of your medications (bottles) and a complete list of all the providers you see
- A completed copy of your Advanced Directive. If you do not currently have one, please go to the following website to print a blank copy. If you do not have access to a computer, our office is able to provide one for you.

<http://www.oag.state.md.us/Healthpol/AdvanceDirectives.htm>

Please note that the failure to bring these forms may result in your visit being rescheduled. Thank you for your cooperation.

We thank you for choosing Middletown Valley Family Medicine to assist you with your healthcare needs. Providing high quality healthcare to you is our primary purpose. If you have any questions about this information, please feel free to talk with our staff.
