

Teresa Hatfield  
District Extension Agent, Family and Community Wellness

### **What is a Medicare Annual Wellness Visit?**

One question I often hear from people new to Medicare is, “Does Medicare cover an annual physical?” Medicare does not cover traditional physicals. Medicare does provide many preventive services, including a yearly “Wellness” visit. This visit aims to develop or update a personalized prevention plan based on your current health risk factors. This is an important Medicare benefit that you should consider using.

The Medicare Annual Wellness Visit is a yearly appointment with your primary care provider for Medicare beneficiaries with Part B of Medicare. You will discuss your current health and any associated risk factors. You will be asked to complete a “Health Risk Assessment” during your visit. This assessment will help you and your doctor develop a plan to maintain your health. Your visit may include.

- Routine measurements (height, weight, and blood pressure)
- A review of your medical and family history
- A review of your current medications
- Personalized health advice
- Advance care planning
- A screening schedule for appropriate preventative care
- Screening for cognitive impairment

Any Medicare beneficiary with Medicare Part B is eligible for the Annual Wellness Visit every 12 months. The Annual Wellness Visit is a preventive service with no out-of-pocket cost to the beneficiary if you see a provider who accepts Medicare. If additional tests or services are recommended, you may have to pay a deductible and co-pays or co-insurance.

Utilizing Medicare’s preventative services can go a long way to keep you healthy. The Annual Wellness Visit can help detect potential health conditions before they become serious. The visit can help you make healthy lifestyle choices and receive other important screenings in a timely manner.

If you are a Medicare beneficiary, contact your primary care provider to schedule an appointment. Please bring a list of all medications and supplements you are currently taking to this appointment. You will also want to bring your family medical history and any questions you might have.

Remember, the Annual Wellness Visit is an important visit that allows you to care for your health. Make it a priority to take advantage of it every year. If you have questions about other Medicare preventative services, please get in touch with Teresa Hatfield with K-State Research and Extension at [thatfield@ksu.edu](mailto:thatfield@ksu.edu) or 785-364-4125.