

What to expect at your Wellness Exam

This annual checkup is known by many names... Physical, Preventative, Health Maintenance, etc. We will refer to it as a Wellness Exam going forward as that is the focus of these types of visits. These visits are to promote wellness and prevention and not to focus so much on illness.

The majority of health insurance plans cover a yearly Wellness Exam. This will give you an idea of what to expect and what may be included in that exam.

- Review of your complete medical, surgical, social and family histories as they relate to your health.
- Review of your medications and medical allergies. Please bring your medications or a detailed list that is up to date.
- Physical head to toe exam and vital signs (height, weight, blood pressure, heart rate etc.)
- These visits may include labwork, x-rays or other testing based on your age, need and risk factors.
- Discussion of suggested screening testing based on age, sex, and risk factors. Examples are Mammograms, Bone Density studies, Colonoscopies etc.
- Immunizations that may be recommended for your age group.
- Counseling topics may include: diet and exercise, tobacco use, potential for depression.

What is NOT included in the annual Wellness Exam and may require additional charges or other office visits:

- New health concerns (i.e. skin lesions, fatigue, seasonal allergies, abdominal issues etc.)
- Detailed evaluation and management of current medical conditions that need new treatment or a change to the current treatment because the condition is not considered controlled. Examples: Elevated blood pressure or Diabetes that is not stable.