



Understanding your Medicare Annual Care Visits

Annual Care Visits include an Annual Wellness Visit and an Annual Physical.



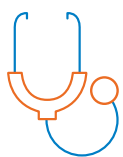
Annual Wellness Visit

Your Annual Wellness Visit (AWV) is a preventive visit where you and your provider work together to create a long-term plan to help keep you healthy! Medicare members are entitled to one wellness visit per year. **(New to Medicare? You get one "Welcome to Medicare" visit to be completed within 12 months of enrolling.)**

Your Annual Wellness Visit will include:

- An update of your medical and family history and current medications
- A review of your list of current care providers
- Screening for memory and behavioral changes
- Measurement of blood pressure, height and weight
- Mobility assessment and evaluating risk of falls
- Advance Care Planning

Your provider will also have you complete a Health Risk Assessment (HRA) questionnaire, will review which screenings and vaccines are due, and make any referrals you might need. At the end of this visit you will have a plan to help keep you healthy for the next year!



Annual Physical Exam

Your Annual Physical is a hands-on exam of your body to check your general health and look for any potential problems. Members are also encouraged to get a yearly physical by their provider, which is covered for Excellus BCBS Medicare Advantage members.*

Take control of your health today to ensure a healthier tomorrow!

All of our Medicare plans include \$0 preventive care on more than 20 services including your annual wellness visit, prostate, cervical and colorectal cancer screenings, mammograms, diabetes, osteoporosis screenings, and more. Your plan also includes \$0 preventive vaccines including flu, pneumonia, COVID-19, and the shingles vaccine. (See other side for a helpful preventive care checklist.)



Questions?

Talk with one of our Medicare Customer Care Advocates! 1-877-883-9577 (TTY 711)

Hours: 8 a.m. to 8 p.m. Monday - Friday. From Oct. 1 to Mar. 31, representatives will be available seven days a week from 8 a.m. to 8 p.m.

*During your visit if you require further tests or screenings, a copayment or deductible expense may occur.


Excellus   **MEDICARE**



Checklist for older adult health (65+)

MAKE PREVENTIVE CARE A PRIORITY

Take control of your health today to ensure a healthier tomorrow. This checklist makes it easier to keep the most essential screenings and doctor visits top of mind.

 <input checked="" type="checkbox"/>	What	Who + When
<input type="checkbox"/>	Annual Physical	Everyone - Once a year*
<input type="checkbox"/>	Annual Wellness Visit	Everyone - Once a year*
<input type="checkbox"/>	Blood Pressure Screening	Everyone, Age 18+ - Once a year
<input type="checkbox"/>	Cholesterol Screening	Everyone - Every 4-6 years, more often if you have a family history, heart disease, diabetes, or other blood vessel disease risk factors
<input type="checkbox"/>	Colorectal Cancer Screening	Everyone, Ages 45-75 - Regular testing
<input type="checkbox"/>	Diabetes (Type 2) Screening	Ages 35-70 and overweight/obese - Once a year
<input type="checkbox"/>	Fall Prevention (with exercise or physical therapy)	Everyone - Routinely
<input type="checkbox"/>	Immunization Vaccines (Ex: Flu, Pneumonia, and COVID-19)	Everyone - As directed by your doctor
<input type="checkbox"/>	Lung Cancer Screening	Everyone, Ages 50-80 with a history of heavy smoking - Once a year
<input type="checkbox"/>	Mammography Screening	Women, Age 40+ - Every 1-2 years, at least until age 75
<input type="checkbox"/>	Osteoporosis Screening	Women, Age 65+ (or postmenopausal) - Every 2 years
<input type="checkbox"/>	Prostate Screening	Men, Ages 55-69 - Once a year
<input type="checkbox"/>	Well Woman Visit	Women, 65+ with an OB-GYN - Every 2 years

Guidelines are adapted from the U.S. Preventive Services Task Force (USPSTF). Talk with your doctor about what screenings are right for you, and how often they should be done.

*Both can be done on the same day if your provider's schedule allows.



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