

# Commercial insurance wellness exam

Our team wants you to be well. Part of that journey is to have an annual wellness exam every year with your provider.

## What is an annual wellness exam?

An annual wellness exam is a once-a-year visit to your provider for a general health check that also helps prevent illnesses, detect medical problems early and improve your overall health.

Annual wellness exam visit	Regular office visit OR physical/annual wellness exam with health concerns
<p><b>Estimated Cost: \$0*</b></p>	<p><b>Cost: coinsurance, deductible or copay</b></p>
<ul style="list-style-type: none"> <li>▼ Prevention focused evaluation</li> <li>▼ Screening for illness or medical problems early</li> <li>▼ Complete physical exam</li> <li>▼ Review your medical and family health history</li> <li>▼ Immunization review and update</li> <li>▼ Age-appropriate health screenings (see table on back)</li> <li>▼ Evaluation for signs of depression</li> </ul>	<ul style="list-style-type: none"> <li>▼ Contraceptive counseling or pre-conception counseling</li> <li>▼ Review and update current providers</li> <li>▼ Address new health concerns, such as flu, sinusitis, COVID, etc.</li> <li>▼ Address and discuss existing health concerns, such as diabetes, chronic pain, high blood pressure, etc.</li> <li>▼ Prescribe medications for existing or new health concerns</li> </ul>

## What if I have concerns not covered by an annual wellness exam?

We want to be transparent about our services and for you to feel comfortable addressing any healthcare problems with your provider. If you wish to discuss items that are NOT covered in the annual wellness exam visit, then please know you may incur additional fees decided by your insurance, such as a copay, coinsurance or deductible, as the insurance company may not cover services related to current or chronic health issues.

If you do not wish to incur additional fees, we would be happy to schedule an additional appointment outside your annual wellness exam visit.



**Some insurance companies require 365 days between wellness visits, while others are once per calendar year. Please check your plan information to verify.**

*\*Costs may vary by plan coverage. Out of network visits may also incur additional costs.*

## Examples of health screenings offered by age

	MALE	FEMALE
20s	Annual wellness exam* Blood pressure screening Skin exam Depression/anxiety screening Testicular exam Sexually transmitted infection (STI) screening Hepatitis C screening	Annual wellness exam* Blood pressure screening Skin exam Depression/anxiety screening Breast exam Pap smear (cervical cancer screening) Sexually transmitted infection (STI) screening Hepatitis C screening
30s	All the above	All the above
40s	All the above <b>PLUS</b> Diabetes screening Colon cancer screening (45)	All the above <b>PLUS</b> Mammogram every two years Colon cancer screening (45) Diabetes screening
50s	All the above <b>PLUS</b> Prostate cancer screening	All the above
60s+	All the above <b>PLUS</b> Medicare exam (65)	All the above <b>PLUS</b> Medicare exam (65) Bone density test

\*Includes comprehensive blood tests to check for anemia, infections, certain cancers, kidney/liver function, cholesterol, diabetes, thyroid disease and other common conditions

