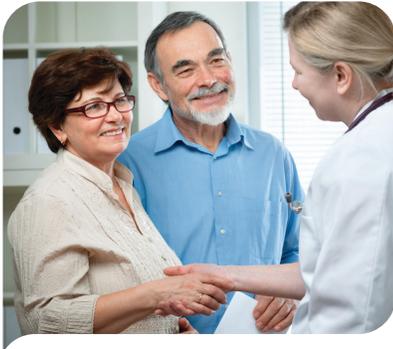


Annual Wellness Visit



Manage your health – with help Help your doctor help you

Many people visit their doctor only for annual checkups or when they feel sick. If that's true for you, you're missing out on an important chance to partner with your doctor to learn

how to live a healthier, happier life. It's called an "Annual Wellness Visit," and if you're a Medicare member, it's available at no extra cost to you. Although the Annual Wellness Visit is provided as a benefit to all Medicare members, if a medical condition is found during the visit, there may be a cost to treat the condition.



A wellness visit isn't a checkup

While both are very important, a checkup and a wellness visit aren't the same. When you go for a checkup, also called an annual physical, your doctor looks for signs of major problems and does important routine tests.

A wellness visit is different. It's more like a planning session where you and your doctor can spend time talking about your health and your life.

The goal is to create a plan just for you – to help you avoid or reduce the effects of conditions like diabetes, heart disease, and obesity. It may also help you avoid dangerous falls and visits to the emergency room.

For information on what you and your doctor should talk about at your Annual Wellness Visit, see the list on the back of this flier.

For good health, it's very important that you have both a checkup and a wellness visit every 12 months.

The Annual Wellness Visit is a fairly new benefit

Your doctor may not even be aware of it yet. Help him or her by taking this flier with you when you go.

Can I get an Annual Wellness Visit?

When you first join Medicare, you can have a "Welcome to Medicare" preventive visit. After that, you can have one wellness visit every 12 months. There's no additional cost to you for these visits.

If possible, it's a good idea to schedule your first wellness visit early in the year so you can get started right away on the plan you and your doctor create.

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Help your doctor help you



Annual Wellness Visit checklist:

- ✓ Assess brain health, memory, and depression
- ✓ Assess overall physical, joint, and emotional health
- ✓ Check blood pressure
- ✓ Calculate body mass index (BMI)
- ✓ Keep track of your doctors
- ✓ Keep track of your medicines
- ✓ Manage chronic conditions like diabetes, breathing problems, or heart conditions
- ✓ Plan for screenings and shots
- ✓ Review your medical history

Get the most out of your visit by bringing these items:

1. Medical records, including screenings and shots you've had in the past year
2. Family health history
3. List of all medicines and supplements you take
4. List of all doctors and pharmacists you use

Humana is a Medicare Advantage HMO, PPO, and PFFS organization with a Medicare contract. Enrollment in any Humana Medicare plan depends on plan renewal.

This publication offers general health-related information and is not a substitute for professional healthcare. For individualized medical guidance, talk to your doctor.

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