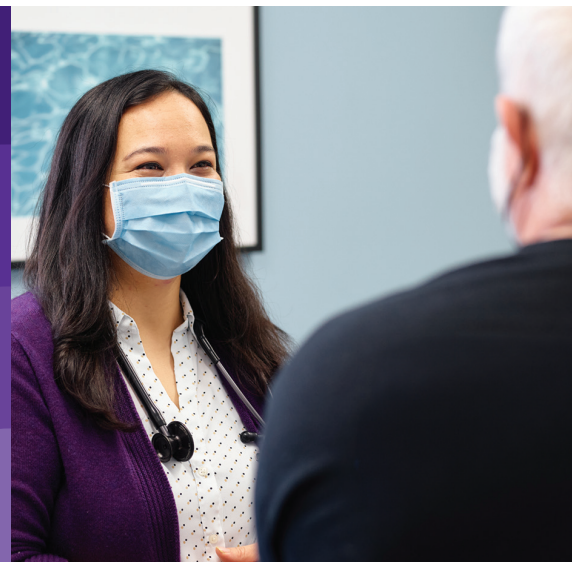


TuftsMedicine

Annual wellness visit



It is highly recommended that everyone, regardless of age, have an annual wellness visit done every single year. Annual wellness visits are typically performed by your primary care clinician. An annual wellness visit can be helpful because it can help determine the status of your health. This can give way to early intervention and prevention of any health issues that you are currently at risk for. Moreover, it can help you have open communication with your clinician and give you an opportunity to share information about your symptoms and overall health.

What is an annual wellness visit?

An annual wellness visit allows your clinician to assess how you are doing health-wise regardless of whether you are feeling symptoms or not. It can also help you address which areas of your health need attention, so they don't cause bigger issues later.

An annual wellness visit is not a sick visit or annual physical exam. (A physical exam is not covered under Medicare Part B and will be an out-of-pocket charge.)

How to prepare

Taking a few simple steps to ready yourself for your annual wellness visit will ensure that you get the most out of your appointment.

- **Write down questions:** It's all too easy to forget what you wanted to ask your clinician by the time you get into the office.
- **Catalog your medical history:** Has anything changed since your last annual wellness visit? If you've received new diagnoses, gotten a vaccine, had surgery, or have any other recent health information to share, this is the time to tell your clinician.

- **Know your medications:** Your clinician needs to know what you're taking, even if it was prescribed by someone else or purchased over the counter — so bring a list of your medications, supplements and vitamins, or simply snap photos of the labels.
- **Bring any additional health data:** If you keep a food log, use a symptom tracker, chart your blood pressure or keep track of anything else related to your health, bring that information to share with your clinician.
- **Complete your Health Risk Assessment (HRA) questionnaire** before your visit. The clinical team will provide the Health Risk Assessment questionnaire via mail or your electronic health record patient portal.

What to expect

- Vital signs
- Comprehensive review of medical history and medications
- Preventive care screenings

Benefits of an annual wellness visit

Assess risk for future health issues

When you get an annual exam, you can identify slight signs of any disease, which is likely to develop in the future or even get severe. The screening test helps to prevent health conditions and suggests the right treatment. The test will allow you to detect a problem in advance and take preventive measures.

Develop baseline for health condition

An annual wellness visit can develop a baseline for chronic disease onset. The diseases may include blood sugar, cholesterol, and blood pressure. The baseline may help you monitor any improvements in your health condition and propose changes in the treatment plan.

Maintain a healthy lifestyle

Health care providers use different techniques so they can help you live a healthy life. Clinicians can assist you by providing resources that can bring enhanced health and noticeable changes. Annual wellness visits can reduce chances for chronic diseases occurrence.

A professional guide

Most of us are not aware of what is going inside our bodies. It is advisable to consult a professional rather than relying on self-diagnosis or taking help from resources around you. A medical practitioner can give you the best piece of advice. So, get a diagnosis and treatment plan for your disease from an ex-perienced practitioner.

Get vaccinated

Vaccinations are important to prevent certain diseases. You can consult your clinician for excellent advice related to your illness and vaccination.



Get better treatment options

Develop a solid relationship with your clinician and develop a good baseline to get a perfect diagnosis for your illness. If you remain in touch with your health practitioner, there are more chances to get faster treatment along the way. They will help you with lifestyle changes and propose the best treatment options.

Get a review of medications

Reviewing medication is essential to get ensured that your treatment plan is going right. You can get a review for over-the-counter medicines too. It is the most effective way to be aware of possible side effects of medications. Your clinician may also suggest further medications that would be helpful for you.



Don't delay

Why go see your clinician when nothing is wrong? You do not need to wait 365 days in between your annual wellness visit. An annual wellness visit can be completed each year at **no cost to you**.