

What is a Wellness Visit?

A wellness visit is an important part of your health care offered by your primary care provider. Wellness visits are often covered by health insurance with little or no out-of-pocket expense.* It helps to know what is included in a wellness visit and what to expect if you receive additional services during your wellness visit.

What is a Wellness Visit?

A wellness visit is a routine preventive health check-up that focuses on your overall health, risk factors, family history, and preventive care. This may include:

- Ordering screening tests to detect conditions, such as diabetes, cancer, and high cholesterol (once diagnosed with a condition such as diabetes, tests would no longer be considered screening)
- A review of your health history
- A physical exam
- Immunizations

What Are Add-Ons to a Wellness Visit?

Wellness visits do not include treatment of acute concerns (such as new symptoms) or evaluation of existing medical conditions (like diabetes, asthma, depression, or high blood pressure). However, they can be combined with an acute care visit or a chronic disease visit for your convenience. If you have a combined visit, we will submit a bill to your insurance which includes both charges. Add-ons to a wellness visit may include:

- Orders for non-screening imaging or lab work (this would include previously diagnosed conditions such as diabetes)
- Interpretation of a non-screening test
- When a medication is ordered, reviewed, changed or newly prescribed
- When a new diagnosis is made
- When a procedure is performed
- Third party examinations (i.e., DOT, school physicals)

Please Note

If you request or require additional tests, procedures, diagnoses, or chronic disease management that fall outside the definition of a wellness visit, additional charges may apply. It's helpful to understand what is included in a wellness visit so you can:

- **Get help in a timely manner** for acute or chronic conditions throughout the year. You don't have to wait for your annual wellness visit and try to do it all at once.
- **Tell our scheduler** when you call for your wellness visit if you will need extra time or if you wish to schedule a separate visit to discuss additional concerns. This also helps you plan what questions you want to bring up at your appointment.
- **Be aware you and your insurance company may be charged for services** if you receive additional health care services at the same time as your wellness appointment. You may owe out-of-pocket amounts for these services.

**Plan benefits vary. It is recommended you verify benefits with your health plan prior to receiving services.*

Knowing what's included in your annual wellness visit helps you stay healthy and informed throughout the year.

