

Medicare and Preventive Care: 2011

Most people in their 50s and 60s are accustomed to a **comprehensive annual physical exam** during which the physician does a complete hands-on examination, updates medical history, makes recommendations about a healthy lifestyle, obtains baseline or screening lab tests and recommends other screening tests and vaccinations. This is a valuable opportunity to discuss concerns about your health with your physician and get a complete assessment of your health status. **Your physician may manage some chronic or acute medical problems at the same visit as your physical or at a separate appointment depending on the complexity of your medical problems and history.**

Patients with Medicare part B as primary health insurance have different choices for a preventive visit. The regulations are complicated and sometimes confusing. The rules change from year to year. However, all divisions of Raleigh Medical Group are committed to complying with Medicare law. If you have scheduled a “physical exam” it is important to know which type of visit to expect. Your physician can help you determine what is most appropriate for your health status.

1. **Comprehensive Annual Physical Exam.** This type of visit which is described above is not covered by Medicare. It is the most thorough preventive visit and it may be in your best interest to continue to schedule this each year.
2. **Initial Preventive Exam** (also known as a Welcome to Medicare Physical). This type of visit is available only in the first year you are enrolled in Medicare. The visit includes the collection of data on your past medical history, family history, current habits, functional capacity, memory, hearing, vision and depression screening. Advance directive information will be provided and the preventive services covered by Medicare will be reviewed. A vision test and electrocardiogram are generally ordered as part of this visit. The hands-on portion of the exam is described by Medicare as including only height, weight and vital signs. Your physician will decide if more examination is indicated.
3. **Annual Wellness Exam.** This visit is a new covered service in 2011. It can be scheduled 366+ days after the initial preventive exam (IPE) or if you have been on Medicare more than a year without having the IPE. The review of data is similar and again an exam including only height, weight and vital signs are described in the Medicare guidelines. In addition a list of all the health care practitioners you see must be included in the record. At the end of the visit you will get a brief written plan of your healthcare needs for the coming year and a list of preventive services covered by Medicare.

- 4. Subsequent Annual Wellness Exam.** The data obtained at the first two preventive visits will be updated and plans will be provided for your ongoing care. The amount of physical exam required is limited as previously described. This visit must occur at least 366 days after the first annual wellness exam described above.

As you can see scheduling a preventive visit can be complicated. The Medicare Preventive and Wellness visits provide a review of your health and upcoming needs. The hands-on examination of your body is not necessarily part of this visit. The review of your history and screening for functional status mandated by Medicare will take some time and may limit the time available to discuss other concerns and address acute and chronic problems. You and your physician should decide which type of preventive visit is most appropriate.

You will be asked to designate at the time of your visit which of the annual exam you prefer and the billing will be handled as the law describes for that visit type.

Additional services provided at the time of a comprehensive annual exam or the Medicare preventive or wellness visits will generate additional charges.

Thank you for your attention to this information. All of the physicians at Raleigh Medical Group want to work with you so that you can continue to receive high quality medical care.

***Please Note.** If you have a Medicare Advantage plan, secondary health insurance or supplemental medical coverage the details of that coverage may differ. Due to the large number of plans on the market, Raleigh Medical Group cannot know the features of these plans. It is up to each individual to understand his or her benefits under these plans.

Name Date of Birth Date

Information for Preventive Visits

- Please complete these forms and bring with you for your visit

Allergy List and type of Reaction

| Medication | Type of Allergic Reaction |
|------------|---------------------------|
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Current Medications (prescription, over the counter, vitamins and herbal)

| Name of Medicine | dose | Number of pills and when taken |
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Smoking history. Never smoked.

Currently smoke packs per day for years.

Former smoker. pack per day for years.

Alcohol use

Caffeine intake

Recreational drugs now or previous

Name Date of Birth Date

Healthcare Providers

| Name | Reason | Last visit | Next visit |
|-------------|---------------|-------------------|-------------------|
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Please Use this space to note changes in your health over the last year:

Hospitalizations:

Surgery:

Other:

Name Date of Birth Date

Functional Status:

Are there any changes in your living situation? If so please detail here.

Over the past two weeks have you felt down, depressed or hopeless? No Yes

Over the past two weeks have you felt little interest or pleasure in doing things? No Yes

Do you have difficulty getting out of a chair or care without assistance? No Yes

Do you have a history of falls in the past 6 months? No Yes

Do you use a cane or walker? No Yes

Do you notice any trouble hearing? No Yes

Do you have problems with vision? No Yes

Do you need help with shopping, transportation, preparing meals or taking medications correctly? No Yes (If yes please detail below)

Home Safety

Does your home have smoke and carbon monoxide alarms? No Yes

Is your home well lit especially when you get up during the night? No Yes

Do you have rails on stairs and grab bars in the bathroom? No Yes

Do you have throw rugs, electric cords or other obstacles in your walking space? No Yes

Information on Advance Directive attached. Would you like to discuss this issue? No Yes

Please note the NC Medical Society website has a good section on advance directives.