



## Understanding Your Medicare Annual Wellness Visit Frequently Asked Questions

### Why do I need a Medicare Annual Wellness Visit?

The free Medicare Annual Wellness Visit is an opportunity for you and your primary care provider to discuss all your healthcare needs, challenges and goals and create a **Personalized Wellness Plan** together that is clear, easy-to-follow and unique to you. Rather than a sick-visit or treatment appointment, it's a wellness-focused planning session designed to help keep you healthy, active and as independent as possible. Planning to stay well will help you:

- Prevent disease and improve early detection of medical conditions
- Manage stress, lower blood pressure, and manage your weight
- Coordinate specialist care
- Stay out of the emergency department
- Save time
- Reduce health care costs
- Discover ways to make positive lifestyle, medical and behavioral choices to achieve your best health

### Your Medicare Annual Wellness Visit is a specific opportunity to:

- Provide information to your provider to update your electronic medical records
- Review your medical conditions, screenings, immunizations, and medication status
- Get select screenings and a focused physical exam
- Become aware of any medical early warning signs that surface during the visit
- Get information about Medicare-covered services
- Get an easy-to-follow **Personalized Wellness Plan**

### What if I have a specific medical condition I want to talk about?

If you have a specific health condition you would like to be treated for, please mention it at the time you schedule the Medicare Annual Wellness Visit, and ask whether a separate appointment is needed. Any specific health condition we treat during the **Medicare Annual Wellness Visit** may result in an extra charge.

### Do I have to pay for the Medicare Annual Wellness Visit?

No. Medicare pays the entire cost of this visit if:

- You have had Medicare Part B coverage for more than 12 months, AND
- You have not had a Medicare Initial Preventive Physical Examination or a Medicare Annual Wellness Visit within the last 12 months

If you're not sure whether these are true for you, please ask a staff member.

### May I have a copy of my Personal Wellness Plan?

Yes. We will print out your **Personal Wellness Plan**, discuss it with you and send you home from the visit with a copy for easy reference and sharing with any other providers.

### What to bring:

- Personal medical history forms that we will provide to you for review before your visit
- Any other medical records provided by specialists, or any other healthcare providers within the past 12 months
- A list of your current medications, vitamins and supplements, including dosages and schedules (alternatively, the bottles)
- A copy of your advance directive (living will) if you have not already shared it with us
- A significant other, caregiver or adult child who knows you well (optional)

### For your Medicare Annual Wellness Visit:

- Call your local Vanguard office
- Schedule a Medicare Annual Wellness Visit
- Complete a few background forms
- Attend your Medicare Annual Wellness Visit

It's easy, free--and personalized just for you!

**Stay healthy. Schedule your FREE Medicare Annual Wellness Visit today!**  
[vanguardmedgroup.com](http://vanguardmedgroup.com)

Cranford, 908.272.7990 | Jersey City, 201.431.7200 | Lincoln Park, 973.696.6687  
Montclair/Glen Ridge, 973.969.3800 | Montville, 973.575.5540 | North Haledon, 973.636.9000  
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