

## ORANGE FAMILY PHYSICIANS

**The Medicare Annual Wellness Visit:  
Help to enjoy better health for a longer time**

Patient Name \_\_\_\_\_  
Date of Birth \_\_\_\_\_

At Orange Family Physicians, we believe that good health is a shared responsibility. That's why we are especially pleased to offer our Medicare patients the opportunity for an Annual Wellness Visit (AWV). This service is offered here in our office and is fully covered by Medicare.

The AWV is not a yearly physical exam - it is a special visit focused on helping you maintain or improve your overall health. We will assess your current risks and you will leave with a plan for working with your physician to decrease the chances of avoidable health decline and injury. Our goal is to provide all of our Medicare patients with an AWV every year, so they can maintain their independence and enjoy life for as long as possible.

### Before your visit

You will be asked to complete a Health Risk Assessment (HRA) so that you can bring it to your visit. The HRA is a paper-and-pencil questionnaire that takes from 20 to 30 minutes to finish. It is based on scientifically validated health screening tools and includes questions about daily activities, functions like hearing and mobility, and habits like eating and sleeping. Your honest answers will help us to help you, and they will remain confidential.

### Annual Wellness Visit Checklist

#### 1. Bring these to your visit:

- Completed Health Risk Assessment with a list of all your healthcare providers and suppliers
- All current medications in the original prescription, over-the-counter drug and supplement bottles/packs
- Family member or caregiver, if they usually participate in your doctor visits

**2. Check-in at the front desk and tell them you are here for your Annual Wellness Visit**

**3. Congratulate yourself for starting a new healthy habit— the Annual Wellness Visit**

### The day of your visit

Your visit will take approximately 45 minutes. Our specially trained wellness nurse will review your current medicines and allergies, your HRA, and any other health information your physician thinks is important. Your blood pressure, height and weight will be taken, your eyesight will be checked, and the nurse will conduct several more assessments. You will receive a Personalized Prevention Plan that the nurse will review with you before you leave the office.

### After your visit

Your doctor will review your Personalized Prevention Plan and may identify any other actions you should take. These may include scheduling a follow-up appointment to review details of the Plan or address new risks or conditions identified during the AWV. Depending on your needs, the wellness nurse may follow up with you between visits. We encourage you to share your Plan with family members or caregivers so they can support your commitment to good health.

AWV Nurse Name \_\_\_\_\_

Appointment Date \_\_\_\_\_ Arrival Time \_\_\_\_\_

*I understand what is expected of me as part of the Orange Family Physicians Annual Wellness Visit.*

Patient/Caregiver: \_\_\_\_\_ Reviewed By: \_\_\_\_\_ Date \_\_\_\_\_