

A WORD TO OUR PATIENTS ABOUT MEDICARE AND WELLNESS CARE

Dear Patient,

We want you to receive wellness care – health care that may lower your risk of illness or injury. Medicare pays for most wellness care, but it does not pay for all the wellness care you might need. We want you to know about your Medicare benefits and how we can help you get the most from them.

The term “physical” is often used to describe wellness care. But Medicare does not pay for a traditional, head-to-toe physical. Medicare does pay for a wellness visit once a year to identify health risks and help you to reduce them. At your wellness visit, our health care team will take a complete health history and provide several other services:

- Screenings to detect depression, risk for falling and other problems,
- A limited physical exam to check your blood pressure, weight, vision and other things depending on your age, gender and level of activity,
- Recommendations for other wellness services and healthy lifestyle changes,
- Discuss Medicare-covered services that allow our care team to more closely monitor your health conditions and update your plan of care before office visits.

Before your appointment, our staff will ask you some questions about your health and may ask you to fill out a form to help identify your health risks.

A wellness visit does not deal with new or existing health problems. That would be a separate service and requires a longer appointment. Please let our scheduling staff know if you need the doctor’s help with a health problem, a medication refill or something else. We may need to schedule a separate appointment to address problems. *A separate charge applies to these services, whether provided on the same date or a different date than the wellness visit.*

We hope to help you get the most from your Medicare wellness benefits. Please contact us with any questions.

MEDICARE WELLNESS CHECKUP

Please complete this checklist before seeing your doctor or nurse. Your responses will help you receive the best health and health care possible.

1. What is your age?
 18-64 65-69 70-79 80 or older
2. Are you a male or a female?
 Male Female
3. During the **past four weeks**, how much have you been bothered by emotional problems such as feeling anxious, depressed, irritable, sad, or downhearted and blue?
 Not at all
 Slightly
 Moderately
 Quite a bit
 Extremely
4. During the **past four weeks**, has your physical and emotional health limited your social activities with family friends, neighbors, or groups?
 Not at all.
 Slightly.
 Moderately.
 Quite a bit.
 Extremely.
5. During the **past four weeks**, how much bodily pain have you generally had?
 No pain.
 Very mild pain.
 Mild pain.
 Moderate pain.
 Severe pain.
6. During the **past four weeks**, was someone available to help you if you needed and wanted help? (For example, if you felt very nervous, lonely, or blue; got sick and had to stay in bed; needed someone to talk to; needed help with daily chores; or needed help just taking care of yourself.)
 Yes, as much as I wanted.
 Yes, quite a bit.
 Yes, some.
 Yes, a little.
 No, not at all.

Your name: _____

Today's date: _____

Your date of birth: _____

7. During the **past four weeks**, what was the hardest physical activity you could do for at least two minutes?
 Very heavy.
 Heavy.
 Moderate.
 Light.
 Very light.
8. Can you get to places out of walking distance without help? (For example, can you travel alone on buses or taxis, or drive your own car?)
 Yes No.
9. Can you go shopping for groceries or clothes without someone's help?
 Yes No.
10. Can you prepare your own meals?
 Yes No.
11. Can you do your housework without help?
 Yes No.
12. Because of any health problems, do you need the help of another person with your personal care needs such as eating, bathing, dressing, or getting around the house?
 Yes No.
13. Can you handle your own money without help?
 Yes No.
14. During the **past four weeks**, how would you rate your health in general?
 Excellent.
 Very good.
 Good.
 Fair.
 Poor.

continued ►



FPM Toolbox To find more practice resources, visit <https://www.aafp.org/fpm/toolbox>.

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15. How have things been going for you during the **past four weeks**?
- Very well; could hardly be better.
 - Pretty well.
 - Good and bad parts about equal.
 - Pretty bad.
 - Very bad; could hardly be worse.
16. Are you having difficulties driving your car?
- Yes, often.
 - Sometimes.
 - No.
 - Not applicable, I do not use a car.
17. Do you always fasten your seat belt when you are in a car?
- Yes, usually.
 - Yes, sometimes.
 - No.
18. How often during the **past four weeks** have you been *bothered* by any of the following problems?

	Never	Seldom	Sometimes	Often	Always
Falling or dizzy when standing up.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sexual problems.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Trouble eating well.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Teeth or denture problems.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Problems using the telephone.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tiredness or fatigue.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

19. Have you fallen two or more times in **the past year**?
- Yes No.
20. Are you afraid of falling?
- Yes No.
21. Are you a smoker?
- No.
 - Yes, and I might quit.
 - Yes, but I'm not ready to quit.

22. During the **past four weeks**, how many drinks of wine, beer, or other alcoholic beverages did you have?
- 10 or more drinks per week.
 - 6-9 drinks per week.
 - 2-5 drinks per week.
 - One drink or less per week.
 - No alcohol at all.
23. Do you exercise for about 20 minutes three or more days a week?
- Yes, most of the time.
 - Yes, some of the time.
 - No, I usually do not exercise this much.
24. Have you been given any information to help you with the following:
- Hazards in your house that might hurt you?
- Yes No.
- Keeping track of your medications?
- Yes No.
25. How often do you have trouble taking medicines the way you have been told to take them?
- I do not have to take medicine.
 - I always take them as prescribed.
 - Sometimes I take them as prescribed.
 - I seldom take them as prescribed.
26. How confident are you that you can control and manage most of your health problems?
- Very confident.
 - Somewhat confident.
 - Not very confident.
 - I do not have any health problems.
27. What is your race? (**Check all that apply.**)
- White.
 - Black or African American.
 - Asian.
 - Native Hawaiian or other Pacific Islander.
 - American Indian or Alaskan Native.
 - Hispanic or Latino origin or descent.
 - Other.

Thank you very much for completing your Medicare Wellness Checkup. Please give the completed checkup to your doctor or nurse.