



Annual Wellness Visit



The Annual Wellness Visit is free to Medicare beneficiaries beginning 12 months after you receive your “Welcome to Medicare” physical exam.

INITIAL visit includes:

- Routine measurements such as height, weight, blood pressure, body-mass index (or waist circumference, if appropriate)
- Review of medical and family history
- Establishing a list of current providers, suppliers and medications (including supplements)
- Review of functional ability and level of safety
- Personal risk assessment
- Detection of cognitive impairment
- Screening for depression
- Establishing a schedule for Medicare screenings and preventive services you qualify for over the next 5 to 10 years
- Other advice or referral services that may help intervene and treat potential health risks



SUBSEQUENT visit includes:

- Measurement of weight, blood pressure and other measurements deemed appropriate (Note: height and body-mass index not necessary, unless your weight has significantly changed)
- Updated of medical and family history
- Updated list of providers, suppliers and medications (including supplements)
- Review of the initial personal risk assessment
- Detection of any cognitive impairment
- Updated screening schedule
- Review and update of listed referral services to help intervene and treat potential health risks

If you have any questions please call your local Area Agency on Aging to speak to a VICAP counselor. VICAP offers free Medicare counseling to Virginia’s Medicare beneficiaries.

Your local Area Agency on Aging is:

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