

WHAT IS THE DIFFERENCE BETWEEN ANNUAL PHYSICAL AND MEDICARE ANNUAL WELLNESS?

Annual Physical	Category	Medicare Annual Wellness
General physical assessment	Assessment	Holistic health risk assessment
Brief discussion 10 - 20 mins	Duration	one on one detailed discussion
Routine measurement Height weight, BMI	Scope	Assessments plus additional screenings if necessary
No personalized prevention plan	Personalization	Personalized preventive plan
No medicare coverage	Insurance	Covered by Insurance
In-person only	Method	Telehealth platforms
Identify physical issues	Objective	Risk identification and prevention

AM I ELIGIBLE?

Any Medicare beneficiary who:

- has been a beneficiary of Medicare Part B for at least 12 months, and
- has not had a preventive physical examination in the last 12 months

WHO PAYS FOR THE MEDICARE ANNUAL WELLNESS VISIT?

Your Annual Wellness Visit will be covered by Medicare in full, so there will be no cost to you. Some screenings and follow-up visits may incur some out of pocket



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MEDICARE ANNUAL WELLNESS

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WHAT IS A MEDICARE ANNUAL WELLNESS?

The Medicare Annual Wellness is an annual appointment with your care provider to develop a prevention and screening plan based on your age, gender, and medical conditions

The purpose of this visit is to give you the opportunity to discuss your current health status with your physician, to help assess any potential health risks and ways to prevent them by screening and early intervention

Your insurance will cover this visit and you don't have to pay out of your pocket



WHAT HAPPENS DURING THIS VISIT? THIS VISIT INCLUDES

- Reviewing your past medical and family history
- Assessing health risk factors and the presence of any medical conditions
- Blood pressure, height, weight and BMI
- Discussing preventative care and lifestyles changes
- Reviewing current medications
- Screening for conditions related to cognitive impairments, depression and functional status
- Personalized health, diet and exercise recommendations, as well as referrals for additional screenings if required

WHY IS MEDICARE ANNUAL WELLNESS NECESSARY?

According to CDC, around half of all adults suffer from at least one chronic illness that could have been avoided. Medicare Annual Wellness ensures that the patient has the opportunity to discuss his/her health with their care provider and take preventive measures to remain on a right track to optimal health. The personalized plan can help

- Identify risk factors
- In early detection of chronic disease
- Make lifestyles changes to optimize your health
- Reduce overall medical costs

