

Medicare Plus BlueSM Group PPO

Understanding annual physical exams and annual wellness visits

As a Medicare Plus BlueSM Group PPO member, you have access to both an annual physical exam and annual wellness visit to stay on top of your health. To make the most of these fully covered preventive services, it's important to know the difference between them.

Here's what you can expect at each appointment:

Annual physical exam

- Your primary care provider will perform an age- and gender-appropriate, hands-on exam and:
 - Assess overall general health.
 - Detect signs and symptoms of disease.
 - Check vital signs and measurements.
 - Provide guidance, counseling and risk factor interventions.
 - Recommend vaccines, lab tests or diagnostic procedures.
- Annual physical exams are covered 100% once per calendar year.

Annual wellness visit

- Your primary care provider will perform an assessment and:
 - Review your medical and family history.
 - Review your current providers and prescriptions.
 - Develop or update a personal prevention plan based on your current health and risk factors.
 - Provide a screening schedule for appropriate preventive services.
 - Look for signs of dementia using a cognitive assessment.
 - Provide advanced care planning so you're prepared if you can no longer care for yourself.
- Annual wellness visits are covered 100% and can occur anytime throughout the calendar year, regardless of the date of your previous annual wellness visit.
- You're eligible to schedule your annual wellness visit when you've had Medicare Part B coverage for 12 months.

Note: When a sign or symptom of disease is discovered during an exam, all further testing and exams are considered diagnostic procedures and diagnostic out-of-pocket costs will apply.

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Here are some ways to get the most out of your primary care provider visits:

- **Write down questions and symptoms** you want to discuss with your provider before your appointment.
- **Take notes** as your provider answers your questions.
- **Review your medications** including over-the-counter supplements (dosage, side effects, etc.).
- **Speak up** if you have any health concerns.
- **Be actively involved** in your care decisions.

You're a key player on your care team. Ask your primary care provider which service is right for you.

For more information on annual physical exams and annual wellness visits, view your *Evidence of Coverage* online at www.bcbsm.com/mpsers.

Questions? We're here to help.
Please call Blue Cross' Customer Service at **1-800-422-9146**
8:30 a.m. to 5 p.m. Eastern time, Monday through Friday.
TTY users, call **711**.



Medicare PLUS BlueSM Group PPO



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