

Preventative Visits at FMMC

Annual Preventative Exam (Annual Physical): This visit is to review your overall health, identify any risks, and discuss ways to keep you healthy. Most insurance plans will cover the cost of this visit in full on a yearly basis (Your insurance plan may consider this to be a time frame of one full year and one day)

This visit is for **prevention** not for new **problems** or concerns. Annual exams typically do not include the discussion of new problems/concerns or a detailed review of your chronic existing conditions.

We will go through the following:

- Your medical, social, surgical, and family history
- Your current medications
- Your vaccines
- Your recommended screening tests such as breast, colorectal, cervical, and prostate cancer (We also screen for depression and alcohol use)
- Order lab work if needed
- Check your height, weight, pulse, and blood pressure
- Examination of your eyes, ears, throat, abdomen, skin, and listening to your heart and lungs

If you have a new health problem or a new diagnosis (high blood pressure, back pain, depression, etc.) the provider may address them if there is sufficient time to appropriately do so. This portion of the visit would be billed as a regular office visit as it is not considered preventative. Depending on your insurance plan, a copay or a portion of your deductible may apply.

If the provider feels that a separate office visit is required to allow for enough time to address the concern they will advise you to schedule an additional appointment.

Please note: Gynecological visits and pap smears are not included in your yearly physical exam but are considered to be part of your routine preventative care. These visits are scheduled according to the guidelines outlined by the American College of Obstetricians and Gynecologists (ACOG).

Notice for patients with **Medicare Part B** as their primary health insurance plan:

Medicare provides coverage for an Annual Wellness Visit which is a “no touch” appointment to review your overall health and to assess and review your risk for common preventable health problems such as heart disease, cancer, and type 2 diabetes. Medicare does **NOT** typically cover the cost of an annual physical exam as outlined in detail above.

The FMMC providers strongly encourage our patients to have an annual physical exam appointment at which they will review all aspects of what is entailed at both a Preventative Exam visit *and* an Annual Wellness Visit.