



## ATTENTION PATIENTS WITH MEDICARE!

Medicare has a new free benefit called the **ANNUAL WELLNESS VISIT** that will help you make a plan with your healthcare team for how to stay healthy.

### WHAT IS THE ANNUAL WELLNESS VISIT?

This visit is for talking with your healthcare team about your medical history, your risk for certain diseases, the current state of your health and your plan for staying healthy.

- Your healthcare team will measure your height, weight and blood pressure.
- Your healthcare team might refer you for screenings or services outside of the appointment.

### HOW IS THE ANNUAL WELLNESS VISIT DIFFERENT FROM OTHER VISITS?

- This is not the same as a yearly physical exam. Medicare does not pay for routine physical exams.
- Your doctor will not listen to your heart or lungs or check other parts of your body.
- You probably will not get screenings or blood tests during this visit.

### WHEN DO I GET IT?

You can get your first Annual Wellness Visit after you have been enrolled in Medicare for 12 months. After your first Wellness Visit, you can get a follow up Wellness Visit every 12 months.

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## WHO PAYS FOR IT?

Medicare will pay for the Annual Wellness Visit.

- Medicare will pay for most screening services you need.
- You might have to pay a copayment for some screening services and follow up visits. You may also have a copayment if you and your healthcare team decide you need to spend a lot of time talking about a current health problem that you have rather than about how to keep you healthy.

## HOW DO I SCHEDULE MY VISIT?

When you call your doctor's office, tell them that you would like to schedule your Annual Wellness Visit. They will help you to plan for the visit. They may send you a form about your health to fill out and bring to your appointment.

## THINGS TO BRING TO YOUR ANNUAL WELLNESS VISIT:

- A list of the members of your healthcare team.
- The names of your medical equipment supply companies.
- A list of all of your medicines and dosages, including over-the-counter drugs, vitamins and herbals.
- The names of the pharmacies you use.

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**For more information, talk to your doctor's office, or call your local Area Agency on Aging at 1-877-353-3771 or visit Legal Services for the Elderly at [www.mainelse.org](http://www.mainelse.org)**

The development of this flyer was supported by the work of The Maine Health Access Foundation as well as ten other nonprofits across the state, who are collaborating to disseminate accurate, direct and effective information about how the Affordable Care Act affects people in Maine.

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