



### **What is the “Welcome to Medicare” physical exam?**

Medicare covers a one-time preventive physical exam within the first 12 months that you have Part B. The exam will include:

- A review of your health, medical history, family history, social history, medications, allergies, immunizations, preventative health screening tests and certain cancer screening tests.
- A focused discussion about hearing loss, fall prevention, depression risk, dementia risk and care provided by other physicians.
- A thorough exam including height, weight, blood pressure, vision screening and more.
- A discussion of smoking cessation, weight loss and nutritional concerns, if appropriate.
- End of life planning such as advanced directives (living will).
- Advice to help you prevent disease, improve your health or stay well. You will also get a written plan (such as a checklist) when you leave letting you know which screenings and other preventive services you should get.
- Referrals, if applicable, for screening studies such as a colonoscopy, mammogram and screenings for glaucoma and hearing issues.

### **How much does the exam cost?**

- The Medicare copay, coinsurance, and part B deductible are waived. The visit is covered by original Medicare (Part B) and Medicare Advantage Plans.

### **What is not covered by a “Welcome to Medicare” examination?**

- Does not cover treatment of acute medical problems or management of chronic illnesses.
- If you wish to address acute problems during your “Welcome to Medicare”, exam you may also be charged for a routine office visit.
- When acute problems are addressed, you pay 20% of the Medicare-approved amount after you have met your Part B deductible.

### **What should you bring to the exam?**

You should bring the following things with you when you go to your "Welcome to Medicare" physical exam:

- Medical records, including immunization records, if you are seeing a new doctor for the first time.
- Family health history - try to learn as much as you can about your family's health history before your appointment. Any information you can give your doctor can help determine if you are at risk for certain diseases.
- All of your actual medications, vitamins and supplements in their bottles.
- A list of all of your other physicians and any other healthcare providers.
- An empty stomach. Generally eight hours of fasting (clear liquids are fine) is appropriate for certain blood tests. Ask your physician or healthcare providers if you have questions about fasting before your appointment.