

Make the Most of Your Wellness Benefits

Preventive wellness visits, such as physical exams, are part of your medical benefits. To take advantage of this benefit, and to get the most out of your visit with your healthcare provider, follow these three easy steps.

1 Schedule a physical exam with your primary care provider.

Tell your provider's office that you are making an appointment for a wellness visit. A comprehensive wellness visit should include the following:

- A physical exam
- Record of your personal health and family history
- Discussion about risk factors (For example: smoking, obesity, diabetes, physical activity, etc.)
- The ordering of lab tests and diagnostic procedures, if applicable
- Counseling and guidance



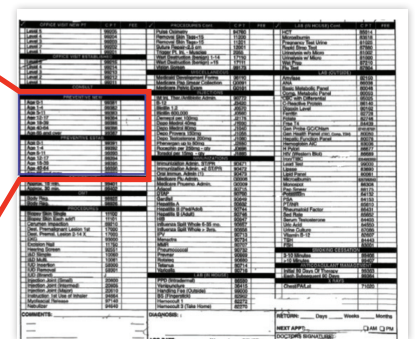
2 Write down any questions or concerns you have about your health.

Bring your list to your wellness visit so you can discuss your questions and concerns with your healthcare provider.

3 Make sure your exam is coded as a preventive wellness visit.

In order to count as a wellness visit, the exam should be coded as a preventive visit. Take a quick look at the billing sheet you are given at the end of your appointment. Make sure there is a checkmark after one of the following codes:

PREVENTIVE NEW		PREVENTIVE ESTABLISHED	
Age 0-1	99381	Age 0-1	99391
Age 1-4	99382	Age 1-4	99392
Age 5-11	99383	Age 5-11	99393
Age 12-17	99384	Age 12-17	99394
Age 18-39	99385	Age 18-39	99395
Age 40-64	99386	Age 40-64	99396
Age 65 and over	99387	Age 65 and over	99397



To see which preventive services you may need this year, based on your age and sex, go to:
<http://healthfinder.gov/myhealthfinder/>