

Your Annual Medicare Wellness Check

What is the annual wellness check?

This yearly visit is face-to-face time with your primary care provider focused on prevention and your wellness. Many of us have grown up with the idea that a “head-to-toe physical exam” should be done annually, even if we feel healthy. Research has shown that for mature adults, a “preventive health visit” is more valuable than a “physical.”



This is similar to regular vehicle maintenance visits where a focused checklist is used to screen for problems, even though the car seems to be running smoothly. Just as fluid level checks and an oil change are recommended for preventive car maintenance, preventive services and screenings like immunizations and blood pressure checks are recommended.

What is wellness care and why do I need it?

Wellness care includes:

- Screenings for undetected or potential problems such as elevated blood pressure, memory issues, and fall risk
- Preventive care
 - Cancer screenings such as breast, cervical, colon or lung cancer, as appropriate
 - Immunizations if needed, such as flu, pneumonia, shingles or tetanus
 - Advanced care planning
- Functional and safety assessment including hearing concerns, home safety, mobility issues and self-care barriers
- Medication list review
- Updating your health issues list
- Updating the list of your current care team members to help coordinate your care
- If appropriate, a focused physical exam that is tailored to your individual health and prevention needs

What if I have other health concerns?

If you have other health concerns, please let us know when you call to schedule, so we can accommodate your needs.

To schedule your annual wellness check, please call your primary care provider.

Looking for a primary provider? Call 425.690.3411 or visit valleymed.org/drfinder.

When you come in for your annual wellness check, please bring the following:

- Any health updates
- Family history updates
- Bring all the medications that you take, including vitamins, supplements and herbs
- Living will or any other advanced care planning documents



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