

## ***Wellness exams or annual physical exams***

Annual screening exams, which may be called wellness exams or annual physicals, are visits to screen for various conditions and to prevent disease. These exams stress a review of your history and risk factors for disease. The physical examination may include exams to detect breast cancer and cervical cancer in women (many women see a gynecologist to get this done), and prostate cancer in men. The physician may talk to you about diet, exercise, tobacco use and alcohol consumption. You may be given a referral for a mammogram if appropriate, for a colonoscopy, for a bone density test to look for osteoporosis, or for aortic aneurysm screening. You may be offered an update on your vaccines. You will probably have lab tests done, such as for diabetes and cholesterol screening, for prostate cancer testing and other tests.

Most insurances cover wellness exams or physicals once a year, sometimes with no copays or deductible. **Medicare** now offers wellness exams, but these follow specific guidelines, and may not be what you expect. If you want to get a Medicare wellness check, please first look at the form named “Medicare Annual Wellness Exam” under the forms section of our website.

[http://www.macgregormed.com/mmc/uploads/medicare\\_annual\\_wellness\\_exam.pdf](http://www.macgregormed.com/mmc/uploads/medicare_annual_wellness_exam.pdf).

A wellness exam or annual physical does *not* include evaluation and treatment of acute illnesses or chronic disease. For example, if you have hypertension, diabetes or other ongoing problems, or if you have a cold, these would not be part of the wellness exam. Your doctor may or may not be able to evaluate these at the time of the visit. If you do have an evaluation that includes such services, the physician will bill these separately, which may result in deductible or copay charges to you.