

# Medicare Wellness Visits: Putting Your Health on a Healthy Track



The first step to a healthier you is having candid discussions with your healthcare provider about your current health status—both physical and mental—so he or she can take a “whole person” approach that examines your health from head to toe.

## A Step in the Right Direction

If you are a Medicare beneficiary, Medicare covers two types of routine preventive visits:

### “Welcome to Medicare” Visit

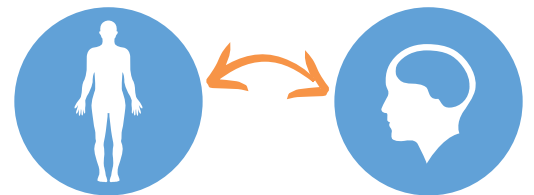
Medicare Part B covers a one-time “Welcome to Medicare” preventive visit. This visit includes a review of medical and social history (related to health), and education and counseling about preventive services.

### Annual Wellness Visit

After 12 months of being on Medicare Part B, Medicare beneficiaries can receive an Annual Wellness Visit to develop or update a personalized prevention plan that looks at current health status and risk factors for both physical and mental health.

## Prevention Starts Here

Medicare covers a full range of preventive services to help you identify problems early—when treatment is most effective. Have a conversation with your healthcare provider to learn about other tests or services you may need and how often to treat the “whole person”—both body and mind.



You may notice  
on your EOB ...

Alcohol use  
and depression  
screenings are  
broken out from  
your wellness visit  
on your explanation  
of benefits (EOB).  
These preventive  
screenings are  
available to  
all Medicare  
beneficiaries at  
no cost.