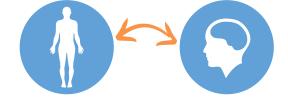
# Medicare Wellness Visits: Putting Your Health on a Healthy Track



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.



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.

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