

## **What to expect at your Wellness Exam**

The annual checkup is known by many names... Physical, Preventative, Health Maintenance, etc. We will refer to it as a Wellness Exam going forward as that is the focus of these types of visits. These visits are to promote wellness and prevention and not to focus so much on illness.

- Review of your complete medical, surgical, social and family histories as they relate to your health.
- Review of your medications and medical allergies. Please bring your medications or a detailed list that is up to date.
- Physical head to toe exam and vital signs (height, weight, blood pressure, heart rate, etc.)
- These visits may include labwork, x-rays, or other testing based on your age, need, and risk factors involved
- Discussion of suggested screening testing based on age, sex, and risk factors. Examples are Mammograms, Bone Density studies, Colonoscopies, etc.
- Immunizations that may be recommended for your age group.
- Counseling topics may include: diet and exercise, tobacco use, and potential for depression.

### **What is NOT included in the annual Wellness Exam and may require additional charges or other office visits:**

- New health concerns (i.e. skin lesions, fatigue, seasonal allergies, abdominal issues, etc.)
- Detailed evaluation and management of current medical conditions that need new treatment or a change to the current treatment because the condition is not considered controlled. Examples: elevated blood pressure or diabetes that is not stable.