

Dear Patient,

We want you to receive wellness care – health care that may lower your risk of illness and enhance your well-being. Medicare and most commercial insurances pay for some wellness care on an annual basis; we want you to know about these benefits and how we can help you get the most from them.

The term "physical" is often used to describe wellness care, but the wellness exams are not the same as traditional, head-to-toe physicals. Most insurances including Medicare *do* pay for a wellness visit once every 12 months to identify health risks and help you to reduce them. At your wellness visit, our health care team will take a complete medical history and provide several other services:

- A ***limited*** physical exam to check vital signs such as blood pressure, weight and vision
- Preventative screenings to detect risk of depression, falls and other potential problems
- Referrals to community wellness classes and recommendations for healthy lifestyle

Before your appointment you will be asked to fill out a questionnaire called a Pre-appointment questionnaire or Health Risk Assessment (Medicare patients). This helps your healthcare provider direct the visit towards *your* healthcare and wellness goals

A wellness visit does ***not*** deal with new or existing health problems; insurances require these services be billed separately and sometimes during a separate appointment.

While wellness visit does not require a co-payment, a separate charge does apply to services that go beyond the wellness visit whether provided on the same date or a different date.

We are happy to be a part of your wellness team and hope to help you get the most from your wellness benefits.

In good health,

YELENA MELYAKOVA, M.D.

LOREN WILKERSON, M.D.

BHARATI SRIVASTAVA, M.D.