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ANNUAL PREVENTIVE VISIT:

The annual physical appointment is an opportunity to focus on preventive and wellness care. Most commercial insurance covers this visit without a copayment.

During this visit, your past medical history, medications, allergies, immunizations, screening tests and ongoing specialist care will be reviewed. You will be asked about current health habits including diet, exercise, alcohol, smoking, and supplement use. A complete physical exam will be performed.

Screening tests including bloodwork and other tests if appropriate such as mammograms, colon cancer screening, bone density testing, and aneurysm testing may be ordered. Routine screening ECG is no longer recommended.

The annual women's health exam (gynecologic and breast exam) is not included in this visit but can be scheduled separately in our office.

If you have a specific problem or concern that requires evaluation, this may be addressed during the visit at the discretion of your provider if time allows, but this is not included in the preventive visit and therefore a copayment / deductible / co-insurance may apply. In most cases you will be advised to schedule a separate appointment to evaluate any new concern, as this requires a focused history, exam and treatment advice.

Certain problems including but not limited to a current infection or illness, chest pain, palpitations, shortness of breath, abdominal pain, acute back pain or any other potentially serious concern will likely require the annual physical to be rescheduled so that your provider can thoroughly assess and treat the condition.

If you are experiencing symptoms that require evaluation, we encourage you to schedule an appointment to assess these symptoms - please do not wait until your annual visit!

We recommend that you wait until your annual preventive visit to discuss specific orders for labwork and screening tests. **Our office nursing staff is not able to discuss specific requirements for labwork with each patient prior to their visit.**

When labs are ordered prior to the visit, patients often need to return to the lab for additional tests.

Please note that *routine screening* for vitamin deficiencies is not recommended and not necessarily covered by insurance. Specific vitamin deficiencies (such as vitamin D and vitamin B12 deficiency) may be advised or monitored depending on individual risk factors, which can be discussed at your annual preventive visit.

Note that insurance coverage for labs and tests ordered during an annual preventive visit varies. Please feel free to check with your insurance company regarding the specific tests ordered.