

## WHY SHOULD YOU GET YOUR MEDICARE ANNUAL WELLNESS VISIT?



### It's free! It can also support your independence and your health.

Your Medicare plan includes a free annual wellness checkup. This checkup looks to assess and treat factors that contribute to declines in function and loss of independence that can occur as we age. This checkup is different from a regular office visit. Your doctor will talk over what matters to you, your quality of life, health and independence. Together you will develop a personalized prevention plan.

### Topics you and your doctor might discuss at a Medicare Annual Wellness Visit:

#### Immunizations

- Hepatitis A
- Hepatitis B
- Influenza
- Pneumonia
- Shingles
- Tdap/TD

#### Preventing infections

- Hepatitis C testing
- HIV test
- STD testing (gonorrhea, chlamydia, syphilis)

#### Cancer screening

- Colonoscopy
- Lung cancer screening
- Mammogram
- PAP smear
- PSA (prostate specific antigen)

#### Heart health

- Blood pressure check and discussion about your goal blood pressure
- Lipids check (cholesterol)
- Screen for abdominal aortic aneurism (AAA)
- Screen for diabetes if you've never been checked in the past

#### Lifestyle and function

- Alcohol use
- Bone density screening
- Exercise
- Healthy diet
- Healthy weight
- Mood
- Smoking

#### Elder health

- Advance directives
- Fall risk assessment
- Frailty
- Incontinence
- Level of independence
- Medication review
- Memory assessment
- Vision, hearing, dentures
- Walking and balance

**To set up a Medicare Annual Wellness Visit, contact your primary care provider or contact Sanford Center for Aging at [sanford@med.unr.edu](mailto:sanford@med.unr.edu) or (775) 327-5000**

**Reference:** Official Medicare site about wellness visits: [medicare.gov/coverage/yearly-wellness-visits](https://www.medicare.gov/coverage/yearly-wellness-visits)  
**Prepared by Elena Proshkina, MD | June 2020**

