

What is Included in a Wellness Visit?

A wellness visit is all about keeping you well.

It is a routine preventive health check-up that focuses on your current health, risk factors, family history, and preventive care. The goal is to help prevent or detect health problems before they develop into serious disease. Your visit may include:

- Screening tests, defined as tests to detect early disease or risk factors for disease, such as diabetes, cancer, and high cholesterol
- A review of your health history
- A physical exam
- Immunizations

When Might Additional Charges Apply to a Wellness Visit?

Add-ons to a wellness visit are services related to pre-existing or new medical problems, and they can result in additional charges for your visit.

Wellness visits do not include treatment of acute concerns (such as new symptoms) or chronic medical conditions. Add-ons to a wellness visit may include:

- Evaluation of known chronic medical conditions (like diabetes, asthma, depression, or high blood pressure)
- Orders for non-screening imaging or lab work
- Interpretation of a non-screening test
- When a new medication is ordered or an existing prescription is refilled
- When a new diagnosis is made
- When a procedure is performed



Wellness visits are often covered by health insurance with little or no out-of-pocket expense. It helps to know what is included in a wellness visit and what to expect if you request additional services during your wellness appointment, including extra charges.

Care Plus Convenience

A wellness visit can be combined with an acute care visit or a chronic disease visit for your convenience. However, additional charges may apply in accordance with your health care coverage. If you have a combined visit (wellness + treatment), we will submit a bill to your insurance which includes both charges. Please remember:

- **You can get help in a timely manner for** acute or chronic conditions throughout the year. You don't have to wait for your annual wellness visit and try to do it all at once.
- **Tell our scheduler** when you call for your wellness visit if you will need extra time to discuss other concerns. This also helps you plan what questions you want to bring up at your appointment. If you prefer, you can schedule two separate visits.
- **You and your insurance company may be charged for** services and co-pays if you receive additional health care services at the same time as your wellness appointment.