



Schedule your **FREE** yearly wellness visit with your doctor today!

Getting this free wellness visit is important for your health.

Southwestern Health Resources (SWHR) is committed to partnering with your doctor for your health and wellness. A yearly wellness visit helps you and your doctor create a plan to keep you healthy.

If you have had **Medicare** for over 12 months, you can get a yearly wellness visit with your doctor. These visits help you and your doctor create a plan to help prevent disease or disability. This plan is based on your current health and risk factors. If your doctor accepts the assignment, you pay nothing for the annual wellness visit. There is no Medicare deductible.

During your wellness visit, you can expect:



Health Questionnaire

You will answer some questions about your health and well-being. You will share information about your medical history, medications, and family health history. You will also learn about other screenings you may need.



Vitals Check

A care team member will take measurements of your height, weight and blood pressure. Your care team uses these measurements to learn about your risk for heart disease, stroke and high blood pressure.



Talk to Your Doctor

Your doctor will talk with you about your results and any conditions you are at risk for. You will also talk about a plan to help keep you healthy.

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You are receiving this communication because your primary care provider is a member of the SWHR Clinically Integrated Network.

Source: www.medicare.gov/coverage/yearly-wellness-visits

Bring this checklist to your appointment

Be sure to tell your doctor if you:	
<ul style="list-style-type: none"> • Want to increase your physical activity • Have bladder control issues • Have difficulty getting healthy food, a reliable place to live, or transportation to appointments • Have falls or balance issues • Feel lonely, isolated, or sad • Have problems getting your medications • Have questions about your medications, tests, treatments, or services 	
Once a year:	Date completed:
<input type="checkbox"/> Flu shot (every flu season)	
<input type="checkbox"/> Vaccine review (you may be due for other vaccines)	
Yearly wellness visit:	Date completed:
<input type="checkbox"/> Blood pressure	
<input type="checkbox"/> Height, weight, and body mass index (BMI)	
<input type="checkbox"/> Medication review	
As recommended:	Date completed:
<input type="checkbox"/> Colon cancer screening (FIT, colonoscopy or Cologuard test); Recommended for most adults ages 45–75	
<input type="checkbox"/> Breast cancer screening (mammogram); Recommended for most women ages 50–74	
<input type="checkbox"/> Osteoporosis screening	
<input type="checkbox"/> Lipid/cholesterol screening	
<input type="checkbox"/> Diabetes screening	
<input type="checkbox"/> Eye exam	
<input type="checkbox"/> Hearing exam	
<input type="checkbox"/> Other:	
Notes:	

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SCAN HERE FOR MORE INFORMATION.

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