



# Take a step towards good health.

It may be time to schedule your annual wellness visit.

During your annual wellness visit, you can discuss your overall health and wellness and make a plan for your preventive care. This includes scheduling tests, health screenings or other health-related visits that may be needed. To start the conversation with your doctor, a few suggestions are listed on the next page.

**If you've already had your annual wellness visit in 2019, you don't need to do anything.** If you haven't had an annual wellness visit this year, this is a Medicare-covered benefit when you see a doctor that accepts Medicare<sup>1</sup>. If you receive additional services during your annual wellness visit, you may pay a copay or coinsurance.

**Schedule your annual wellness visit today.**



Call your doctor to schedule your appointment. Then check out the tips on the next page to help you make the most of your visit.

## Get ready for your annual wellness visit.

Review this list of questions and have your answers ready to discuss. They will help your doctor provide treatment and advice that may help you enjoy better overall health.

- How has your health been in the past four weeks?
- Are you physically more active, less active or about as active as other people your age?
- Does your health limit your ability to do moderate activities such as walking fast, gardening, carrying groceries or vacuuming?
- What about more strenuous activities such as jogging, climbing stairs or sports like swimming?
- Has pain limited your activities in the past four weeks?
- Have you had any problem with balance or falling?
- Have you had any problem controlling when you urinate?
- In the last month, have you been feeling nervous, worried or depressed? And do your feelings ever keep you from doing the things you enjoy?

## Get answers at your annual wellness visit.

Talk with your doctor about your health history, review all medications you're taking and ask about other preventive care you may be due for.



### Lab work such as:

- Fasting cholesterol
- Fasting blood sugar (also called glucose)



### Follow-up plan of care such as:

- Colon cancer screening
- Flu shot and/or pneumonia shot
- For women: Breast cancer screening (mammogram)
- For people with diabetes: Hemoglobin A1c for blood sugar, LDL cholesterol, urine test for protein and a comprehensive eye exam

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<sup>1</sup>Medicare covers one annual wellness visit per year with a Medicare participating provider. If you have not yet had your annual wellness visit, call your doctor to have one scheduled.

Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract. Enrollment in the plan depends on the plan's contract renewal with Medicare.