

ANNUAL WELLNESS VISITS

– A PATH TO BETTER HEALTH

The Annual Wellness Visit is a conversation between you and your doctor to discuss your health history, review your medications and immunizations, review your existing health problems, and determine what health issues may become a concern in the future and how to prevent them.

What to Bring to Your Annual Wellness Visit

- A list of all of your medications, including vitamins and supplements
- Names of all of your healthcare providers, including doctors, pharmacists, therapists, home health agencies, and non-traditional providers
- Your immunization records, including flu, COVID-19 and pneumonia shots

What to Expect

The Annual Wellness Visit is performed either by your physician or a nurse practitioner.

The first step includes a **Discussion** about:

- Your health history
- Your healthcare team
- Your medications
- Immunization schedule



You will participate in a **Health Risk Assessment** which includes:

- Weight
- Height
- Blood pressure
- And an understanding of your ability to care for yourself, your memory, whether or not you are depressed, and your smoking and drinking habits

The purpose is to determine if you are at risk for future illnesses.

You will create a **Wellness Schedule** that lists the screenings you should have during the next 5-to-10 years, including:

- Prostate exams
- Mammograms
- Heart-related screenings

You will discuss **Advance Directives** – how you want medical decisions about you to be made if you cannot make the decisions yourself.

All the information collected during your **Annual Wellness Visit** is compiled into one document called a **Personal Health Record**. You can obtain a copy of from your physician. It is a great tool to use when you have to go to the hospital or see other doctors.