

Does Medicare Cover an Annual Physical Exam?

Medicare does not cover the traditional full physical you might be familiar with. But Medicare does cover a Welcome to Medicare preventive exam during your first year of Part B Medicare coverage and an annual Wellness Checkup each year.



What's the difference?

The Welcome to Medicare exam is a preventive visit, not a head-to-toe physical exam. The aim is to promote general health and help prevent diseases. Clinical lab tests and other diagnostic tests are not included. If problems are detected during the Welcome to Medicare exam or Wellness visit, your provider may order diagnostic tests, but Medicare may bill you for any diagnostic care you receive in connection with a preventive visit.

There is no cost for the Welcome to Medicare preventive exam or the annual Wellness visit. To avoid unexpected costs, however, when you schedule your appointment be sure to request the covered Wellness visit instead of a physical exam.

The Welcome to Medicare exam will:

- Check your height, weight, blood pressure, body mass index (BMI), and vision
- Review your medical and social history and give you a health risk assessment
- Make a list of your current providers, medications, and durable medical equipment suppliers
- Create a written 5-10 year screening schedule or checklist
- Review your potential for depression and other mental health conditions
- Review your ability to function safely in the home and community
- Provide you with education, counseling and referrals related to your risk factors and other health needs

Annual Wellness visits will:

- Check height, weight, blood pressure and other routine measurements
- Update your health risk assessment
- Update your medical and family history
- Update your list of current medical providers and suppliers
- Update your written screening schedule
- Screen for cognitive issues and depression
- Provide health advice and referrals to health education and/or preventive counseling services



LOCAL HELP FOR PEOPLE WITH MEDICARE

Contra Costa HICAP: (925) 655-1393 or (800) 434-0222 or (800) 510-2020. www.cchicap.org

This project was supported, in part by grant number numbers 90SAPG0094-01-00, 2001CAMIAA-00, 2001CAMISH-00, 2001CAMIDR-00, and CFDA93.324 from the U.S. Administration for Community Living (ACL), Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.