

## **At your Medicare Annual Wellness Visit the Registered Nurse will cover the following:**

- Review your past medical history
  - Illnesses
  - Hospitalizations
  - Surgeries
  - Allergies
  - Injuries and treatment
  - Current medications, supplements, including vitamins and calcium
- Review your family history
  - Hereditary diseases that may put you at risk
- Review your social history
  - Alcohol, tobacco and drug use
  - Diet & Physical Activity
  - Hearing
- Take your height, weight and blood pressure
- Screen your vision
- Calculate your body mass index (BMI)
- Screen your problem solving skill/mental aptitude
- Review your risk of depression
  - Evaluate for current or past experiences with depression or mood disorder
- Review functional ability and safety
  - Hearing function
  - Activities of daily living (*i.e. cooking meals, bathing, etc*)
  - Falls risk & home safety
- Establish a list of your care team members
  - Current providers & suppliers regularly involved in your care
- Establish a care plan
  - Includes risk factors or conditions that have been identified
  - Treatment options and their associated benefits and risks
  - Personalized health advice and referral for health education and counseling services or programs as needed
  - Health Care Directive planning
  - Recommendations for appropriate follow-up screening or vaccinations (*covered separately under Part B benefits*) – Examples include:
    - Pneumococcal, influenza and hepatitis B vaccinations
    - Screening Mammograms, pap and pelvic exam
    - Prostate screening
    - Colorectal cancer screening
    - Diabetes outpatient self-management training
    - Bone mass measurements
    - Glaucoma screening
    - Cardiovascular screening blood tests
    - Diabetes screening tests