

What to Expect during your Annual Wellness Exam?



Annual Wellness Exam

Annual wellness exams are a key component of preventive medicine. They give you and your provider a chance to set a benchmark for your current state of health and offer a point of comparison against previous years' results. Because the appointment can go by quickly, it's good to know what to expect. During your visit, you can expect this exam to include:

- **Vital Signs.** This will include your weight, height, temperature, heart rate, blood pressure, and your blood-oxygen level. Depending on your risk factors, an EKG may also be recommended.
- **Update Medical Information.** Your provider will review any changes in your health history by asking questions about your job, relationships, medications, allergies, supplements, or any recent surgeries/hospitalizations.
- **The Exam.** Your provider will check parts of your body that could visually indicate any existing health issues including your head, eyes, chest, abdomen. As the exam continues, your provider will examine your eyes, ears, nose, and throat. Palpating parts of your body (like your abdomen) to feel for abnormalities, checking skin, hair, and nails, testing your motor functions and reflexes. When appropriate a pelvic & breast exam will be recommended for women, and a prostate exam for men.
- **Preventative Screenings/Vaccinations.** Recommendations for screening tests that you may be due for including Mammogram, Colonoscopy, Low Dose CT, and Cervical Cancer screenings. Current Vaccines you are due for will also be discussed.
- **Lab Tests.** Depending on your general health and age, certain lab tests may be recommended. Coverage varies by insurance. Some Typical tests include:
 - **CBC**, to check for anemia, infections, and other potential problems.
 - **Renal panel**, to understand how well your kidneys are functioning.
 - **Liver panel**, to identify any possible liver conditions.
 - **Lipid panel**, to see if your cholesterol falls within healthy levels.
 - **Blood glucose**, to understand if you're at risk for diabetes or prediabetes.
 - **Urinalysis**, to check for blood, proteins, or other screenings within your age group.
- **Wrapping It Up.** Towards the end of your visit is a great time to work with your provider on setting goals and/or treatment plan until your next visit.
- **Concerns discussed at Wellness Exam.** If you have ongoing or new concerns you would like to discuss during your Annual Wellness Exam, your provider will try their best to review those concerns, when time allows & with respect to those patients who are scheduled after your visit. Concerns may be as simple as a rash or a cough. Sometimes changes in your chronic conditions may also require additional area of focus by your provider. If this occurs during your Wellness Visit, these updates will be reported to your insurance company. Most insurance companies will allow the additional evaluation, tests, and treatments to be completed on the same day of your wellness exam but may require a co-payment, deductible, and/or co-insurance payment. Your insurance company will process your visit to determine if any patient cost-share will apply.