

**Office Hours** - 8:00a.m. to 5:00 p.m.

Monday through Friday

701 E Rosser Ave

Bismarck, ND 58501

701.751.9500 | 1.800.870.0464

FAX 701.751.9508

**After Hours** please call Sanford Health (323.6000) or CHI St. Alexius Medical Center (530.7000) and ask for the UND Center for Family Medicine physician on call.

Visit our website

**[cfmbismarck.und.edu](http://cfmbismarck.und.edu)**

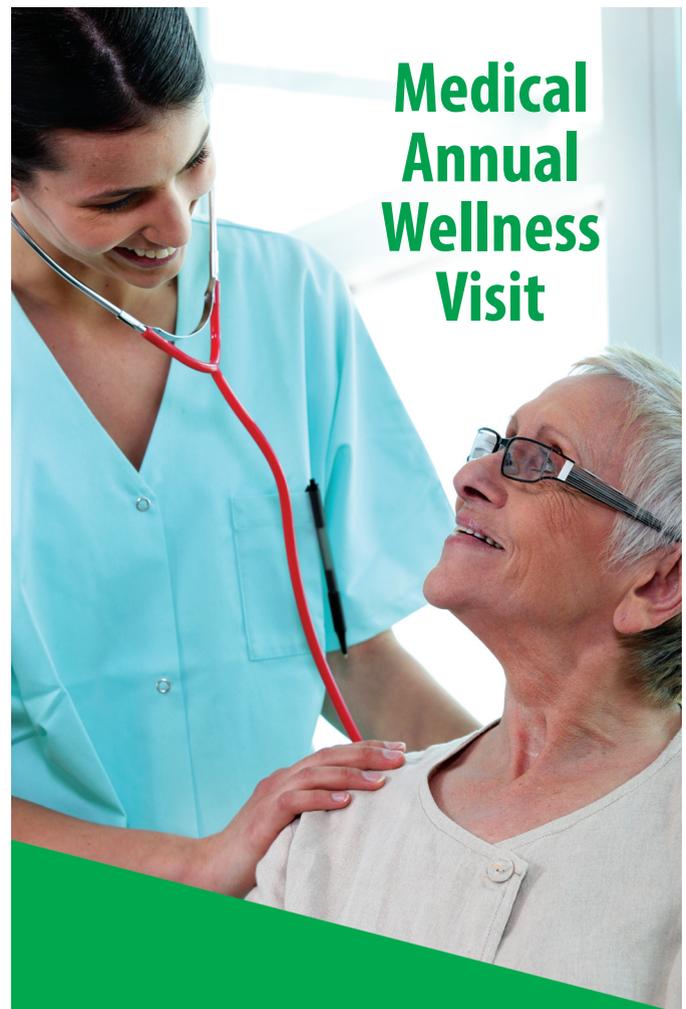
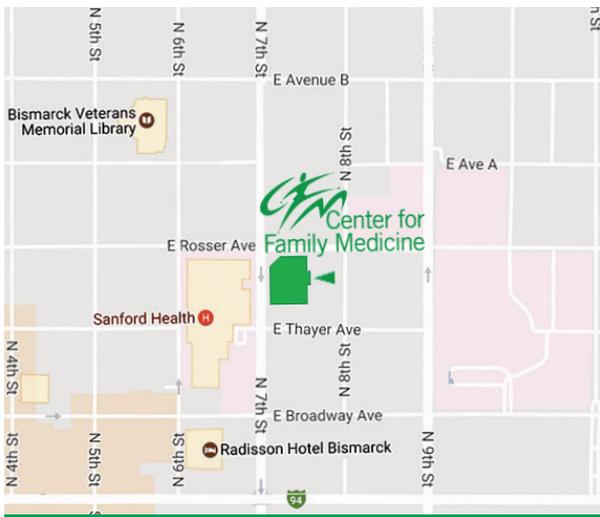
## Center for Family Medicine

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# Medical Annual Wellness Visit



Center for  
Family Medicine

**UND** SCHOOL OF MEDICINE  
& HEALTH SCIENCES  
UNIVERSITY OF NORTH DAKOTA

## What is an Annual Wellness Visit?

Bismarck Center for Family Medicine wants to ensure that you have the resources available to help manage your health and wellness. For our Medicare patients, the Annual Wellness Visit is a preventive screening, covered by Medicare Part B, designed to develop or update a personalized plan to prevent disease and/or disability based on your current health and risk factors. We accomplish this by scheduling an appointment, once a year, for a visit with our care team. Our hope is that through these preventive care visits, we can help you live a longer, more enjoyable life.

## What Is Included in An Annual Wellness Visit?

- ◆ Complete health history review
- ◆ Medication reconciliation
- ◆ Measurement of blood pressure, height, weight, BMI, and visual acuity
- ◆ Screenings to detect depression, risk of falling, cognition, or other potential problems
- ◆ Recommendations for additional wellness services and healthy lifestyle changes
- ◆ Advanced Care Planning - Advanced Directives.

## Does Medicare Cover an Annual Wellness Visit?

*YES!*

- ◆ Medicare will pay for a one time “Welcome to Medicare” Wellness Visit anytime during the first 12 months you are enrolled in Medicare Part B.
- ◆ Medicare will pay for an Annual Wellness Visit once every 12 months after you have been enrolled in Medicare Part B for more than 12 months, AND it has been more than 12 months since your initial “Welcome to Medicare” or prior Annual Wellness Visit.



## How Long Will My Appointment Take?

These Wellness Visits will take approximately one hour, depending on your health history.

We hope you will take advantage of this important Medicare benefit and allow us to create your personalized preventive health plan. We are committed to improving the health of our community, one person at a time, but we need you to take that first step and call to schedule an appointment.

## What Should I Bring to my Wellness Visit?

- ◆ Any medical records you have, including immunization records.
- ◆ Detailed family health history
- ◆ All of the medications that you are currently taking. This includes prescription medications, over-the-counter medications, vitamins, and herbal supplements.
- ◆ A list of all your doctors, specialists, and other medical/healthcare providers.