



# Medicare Wellness Visits

If you've had Part B for longer than 12 months, you can get this wellness visit at no out of pocket cost and it is available to you once every 12 months. During the visit, a personalized prevention plan will be developed or updated to prevent disease and disability based on your current health and risk factors.

To schedule your appointment call **618.498.8443**



A review of your medical and family history.

Developing and updating a list of current providers and prescriptions.

Height, weight, blood pressure, and other routine measures.

Detection of any cognitive impairment.

Personalized health advice.

A list of risk factors and treatments options for you.

A screening schedule (like a checklist) for appropriate preventive services.

Get details about coverage for screenings, shots, and other preventive services.