

## MEDICARE WELLNESS VISITS

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 treatment options for you.

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

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



If you have Part B, you can get this wellness visit as 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-CARE (2273)

jch.org