

Preventative Visits at FMMC

Annual Preventative Exam (Annual Physical): This visit is to review your overall health, identify any risks, and discuss ways to keep you healthy. Most insurance plans will cover the cost of this visit in full on a yearly basis. (Your insurance plan may consider this to be a time frame of one full year and one day)

The purpose of this visit is to assess any pertinent preventative measures and to review your medications and chronic issues/concerns.

We will go through the following:

- Your medical, social, surgical, and family history
- Your current medications
- Your immunizations, including any additional immunizations which may be recommended
- Your recommended screening tests such as breast, colorectal, cervical, and prostate cancer (We also screen for depression and alcohol use)
- Order lab work, if needed
- Check your height, weight, pulse, and blood pressure
- Examination of your eyes, ears, throat, abdomen, skin, and listening to your heart and lungs
- Complete review of any chronic issues, including those managed by specialists

During the annual physical exam your provider will also be reviewing any medical problems that are being *actively* managed. This review sufficiently serves as a medication check and will be billed as a regular office visit in addition to your preventative visit.

If you have a new health problem or a new diagnosis (high blood pressure, back pain, depression, etc.) the provider may address them if there is sufficient time to appropriately do so. This portion of the visit would be billed as a regular office visit as it is not considered preventative. Depending on your insurance plan, a copay or a portion of your deductible may apply.

If the provider feels that a separate office visit is required to allow for enough time to address the concern they will advise you to schedule an additional appointment.

Please note: Gynecological visits and pap smears are not included in your yearly physical exam but are considered to be part of your routine preventative care. These visits are scheduled according to the guidelines outlined by the American College of Obstetricians and Gynecologists (ACOG).

The FMMC providers strongly encourage our patients to have an annual physical exam appointment at which they will review all aspects of what is entailed at both a Preventative Exam visit *and* an Annual Wellness Visit.