



Dear PPCWM patient,

We understand that medical billing can be confusing. The rules are complex and can vary depending on your health plan and the services you receive. Insurance can also be costly, and for many people with high-deductible plans, out-of-pocket expenses can feel like an added burden. We are writing to help you better understand how we bill so that you can take charge of your health care.

Billing rules differ based on the type of visit:

- **Wellness visits** (sometimes called *physicals*) are designed to promote healthy habits and screen for disease. These visits may include a physical exam, though Medicare wellness visits do not. There is usually no cost to you, such as copays or deductibles.
- **Disease management visits** focus on the care of specific conditions, such as diabetes or high blood pressure. During these visits, your provider will ask questions, perform a focused exam, review lab results, and prescribe or adjust medications. Copays and deductibles may apply.
- **Acute care visits** are intended to address new concerns, such as illnesses or injuries. Copays and deductibles may apply.
- **Procedure visits** allow patients to receive minor in-office treatments, such as skin growth removal or injections. Copays and deductibles may apply.

Your Health Care Visit at PPCWM:

To better meet your needs, we often combine different types of visits into a single appointment. For example, we may address your high blood pressure during your annual wellness visit. Doing so allows us to manage all your care at once rather than scheduling another appointment. Because we bill for all services provided, you may be responsible for a copay or deductible for the disease management portion of your visit, even though the wellness visit itself does not require one. You may also share the costs of health screenings, risk-related counseling, and complex care coordination—each an important part of your overall care. While our goal is to address your needs during your visit to avoid missing important health issues, we are happy to discuss scheduling another appointment if it is safe and appropriate to do so.

We hope your experience with PPCWM is smooth and that cost is never a barrier to receiving the care you need. Thank you for trusting Personal Primary Care and Weight Management with your health.