



Types of Medical Visits

Preventive Health Visits (Wellness Exams)

These are yearly physical exams focused on prevention and early identification of disease risks. They also provide an opportunity for counseling on prevention and treatment strategies. These visits are typically for individuals who are *not* covered by Medicare.

**Note: Some Medicare Advantage plan members may be eligible for a preventive health visit during the same year as a Medicare Wellness Visit. However, these appointments should not be scheduled on the same day.*

Medicare Wellness Visits

- Initial Visit: At age 65 (“Welcome to Medicare”)
- Annual Visit: At age 66
- Subsequent Visits: Age 67 and beyond

These annual visits are designed to assess health risks and develop a personalized prevention plan. Except for the initial “Welcome to Medicare” visit, these appointments do *not* include a physical exam.

Screening Questionnaires

Routine screening for depression, behavioral health concerns, and alcohol use is a key part of preventive care. During most wellness visits, you’ll be asked to complete questionnaires aimed at identifying risks and detecting issues like depression or anxiety that might otherwise go unnoticed.

Disease Prevention Counseling

If your provider identifies any risk factors for developing chronic conditions, they may use the visit to counsel you on prevention strategies. This may include topics such as cardiovascular risk, obesity, alcohol use, and mental health concerns like depression.

Tobacco Cessation Counseling

Given the significant health risks associated with smoking—such as cancer, lung disease, stroke, and heart disease—PPCWM is dedicated to offering smoking cessation counseling. In some cases, this service may involve a copay.

Advance Care Planning

This is a guided conversation with your provider to discuss your preferences and plan for future health and safety needs. Topics may include designating a healthcare proxy, future living arrangements, memory concerns, and end-of-life care preferences.

Disease Management / Medical Management Visits

These appointments are scheduled to monitor and manage ongoing chronic conditions such as high blood pressure, diabetes, high cholesterol, or depression. Frequency of visits depends on your individual care plan and the need for medication monitoring.

Same-Day / Urgent Visits

These visits are intended to address new or sudden health concerns requiring immediate evaluation.

Combination Visits

It's common for patients to receive both preventive care and chronic disease management in the same appointment. While the preventive portion is usually fully covered by insurance, the disease management component may lead to a copay or deductible.