

# GENESIS HEALTHCARE ASSOCIATES

## Focus on Prevention – Physicals and Well Child Checks Explained

One of the best ways to stay healthy is through preventive care. That's why we have special "Well-Care Visits" (Physicals & Well Child Checks) that are generally covered as part of a Preventive Services benefit. There is no copay, coinsurance, or deductible for the benefit.

Well-care visits focus on what you can do to prevent future disease or injury, or catch health problems before they become serious.

You may have health issues or conditions you're managing, but the focus of a well-care visit is to avoid future health issues.

### What's included in a Well-Care visit?

These are typically considered preventive care and included in your well-care visit:

- Review of your medical history\*, well-care questionnaire, and health risk assessment
- Discuss how to lower current health risks
- Certain screening tests and immunizations (vaccines)
- Counseling on health-related behaviors: diet, physical activity, tobacco and alcohol use, managing stress, and safety

\*Does not include evaluation or treatment for existing health conditions.

### What's not considered preventive care?

- Evaluation and diagnosis of new health issues
- Treatment of existing health conditions
- Lab tests or X-rays for existing or new conditions or illnesses
- Prescribing or adjustment of medications
- Chronic disease management for ongoing conditions like diabetes or asthma
- Exams and immunizations required solely for employment, immigration, licenses, travel, or other types of insurance

**If any of the above services are included in your well-care visit, you may be responsible for a copay, coinsurance, or deductible for these additional services.**

### Make time for wellness

Take advantage of your Well-Care visit to focus on needed screenings, your unique health risks, and steps you can take to improve your health. If you have new or existing health issues to discuss, consider scheduling a separate appointment so you and your provider can devote the time needed to address those symptoms or concerns.

Patient's Signature: \_\_\_\_\_ Date: \_\_\_\_\_