

## What is a Medicare Wellness Visit?

- **Yearly "Wellness" visits:** If you've had Part B for longer than 12 months, you can get this visit to develop or update a personalized prevention help plan to prevent disease and disability based on your current health and risk factors. Your provider will ask you to fill out a questionnaire, called a "Health Risk Assessment," as part of this visit. Answering these questions can help you and your provider develop a personalized prevention plan to help you stay healthy and get the most out of your visit. It also includes:
  - A review of your medical and family history
  - Developing or updating a list of current providers and prescriptions
  - Height, weight, blood pressure, and other routine measurements
  - 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 preventive services. [Get details about coverage for screenings, shots, and other preventive services.](#)This visit is covered once every 12 months (11 full months must have passed since the last visit).

<https://www.medicare.gov/coverage/preventive-visit-and-yearly-wellness-exams.html>