

Blue Ocean Healthcare Medicare Annual Wellness Exam (AWE)

Name: _____ Date: _____

Welcome to your Annual Wellness Exam. This exam (technically a misnomer, as it does not include an actual physical examination) is intended to help promote your health and safety, and identify major risk factors for disease.

Please answer the questions to the best of your abilities and bring it to your Wellness visit. Any answers that are of concern will be addressed during your visit.

The AWE will assess the following:

- Your medical and surgical history
- Your current medications
- Your relevant family history
- Your use of alcohol or tobacco
- Your current diet and physical activity
- Depression, cognitive impairment or safety concerns
- An exam of your height, weight, Body Mass Index, blood pressure, vision and other areas of concern
- Any end-of-life planning concerns

The AWE concludes with the following:

- Development of a list of any identifiable preventive health concerns
- Education, counseling and referrals based on such concerns
- A personalized detailing any recommended screening or prevention services
- Recommendations for end-of-life training
- Other preventive services as may be recommended by your doctor

PLEASE NOTE: This Medicare Annual Wellness Exam is intended to identify health and safety issues and disease prevention concerns. Per Medicare, it does not include discussing any new or chronic medical problems, nor does it include an actual physical examination. These are Medicare's rules, not ours.

For simplicity and convenience, the doctors have combined the Medicare AWE and your annual MDVIP Wellness exam. The result is a comprehensive look at your overall health, identifying home safety concerns, prevention strategies, end-of-life issues, and possible depression or cognitive concerns. We will then go over your

chronic conditions, address any new concerns, review the results of your pre-wellness testing and Cleveland HeartLab blood work, and perform a comprehensive physical examination.

This meets Medicare's AWE requirements while fulfilling the benefits you receive through your MDVIP Wellness visit. Medicare requires that we bill separately for these services, so you may see different codes on your EOB. *There will be no cost to you for the AWE*, but you may have a co-pay for the physical examination portion of your Wellness visit, just as you've had in the past (we are required by law to collect that). Your Cleveland HeartLab labs and all pre-wellness testing are included in your membership fee, so there is no extra charge for those.

We just wanted you to be aware of these changes, but hope you can appreciate the simplicity and efficiency of performing both services on the same day.

To get started, please complete the following questions.

Medicare Preventive Questionnaire

1) Since your last visit, have you had any new surgeries, hospitalizations or medications?

If yes, details: _____

2) Have any close family members developed any serious illnesses?

If yes, details: _____

3) Please list any new doctors involved in your care:

Name: _____ Specialty: _____

End-of-Life Planning

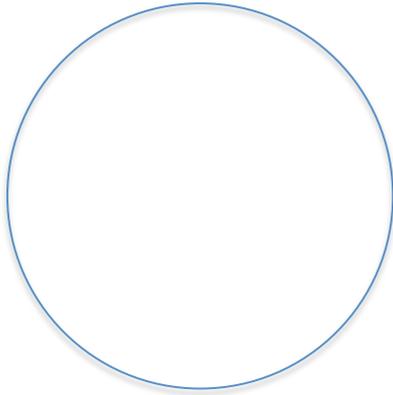
4) Do you have an Advanced Directive or Living Will? Yes No

Name and phone number of proxy / surrogate: _____

5) Do you wish to have any end-of-life discussions during this exam? Yes No

Cognition Screening

Pretend the circle below is a clock.



1. Write the numbers on the clock.
2. Then mark the time at "10 minutes until 2".

Functional Assessment, Depression, Alcohol, Exercise and Sexual Screenings

Please answer the following questions on the next 2 pages. Bring the entire packet to your pre-wellness visit with the nurses. We will complete the remainder of the Annual Wellness Exam at your visit with the doctor, and address any concerns at that time.

Thank you for your help, and we'll see you soon!