

Annual Wellness Visits

IMPORTANT STEPS ON THE PATH TO GOOD HEALTH

Prevention is key to maintaining good health. An annual wellness visit is an important prevention tool and an easy way to stay ahead of health issues that may be developing.



Your annual wellness visit is an opportunity to stay up to date on immunizations and health screenings, and it's a time to talk with your health care provider and create a personalized plan for staying healthy.

If you do not have a primary care provider, call **855-PREMIER** or visit **PremierHealth.com/FindADocOnline**



Medicare and most health insurance plans cover annual wellness visits.

1

Check your health plan for details or conditions for coverage. There may be specifics, such as timeframe, to be covered.

2

Go to **PremierHealth.com/WellnessAppt** to sign in or sign up for MyChart and schedule your wellness visit.

3

Complete your health risk assessment in advance, if possible.

4

Make lists to discuss with your provider: medications, medical history, your other providers, any health concerns.

5

Make a wellness plan with your provider and be sure to follow through. Make follow-up appointments if needed.



Stay on a healthy path. Watch for any changes in your health and call your provider with any questions.