

# WELLNESS EXAM

## AKA “The Physical”

A wellness examination helps your doctor determine the general status of your health.



## EXAMINATION

Your height, weight, BMI, and blood pressure will be checked.

Your provider will also perform an age appropriate physical examination on you.



Women may need a breast exam, pap smear, and/or pelvic exam.



Men may need a prostate exam, testicular exam, and hernia check.

# WHAT WILL BE DISCUSSED?

Your current medications, including herbs and/or supplements.



*If you need refills on your medications, let us know!*

Your health history, family and social history (*smoking status, alcohol intake, marital status*) will be updated.

Your provider may review your diet, exercise regimen, and/or other issues maintaining a healthy lifestyle.



*If you had bloodwork done prior to your appointment...*

Your provider will review this with you. Bloodwork may include cholesterol and blood sugar testing.

Your provider will review & determine if you should have further bloodwork.

*Your insurance may not cover routine lab testing. (Lab tests for existing conditions will be billed as diagnostic lab work & you may be responsible for copay/deductible)*

# IMMUNIZATIONS

Age and risk appropriate immunizations should be updated according to the CDC guidelines.

Let us know if you had any immunizations at the pharmacy!

## OTHER TESTS?

Your provider will also discuss other “screening tests” that may be recommended for you.

Examples of possible tests include colonoscopy, mammogram, bone density.

## **NOT INCLUDED** **IN WELLNESS** **EXAM/PHYSICAL**

### HAVE ANY **NEW** CONCERNS?

A major medical concern deserves its own separate visit.

You will need to schedule a separate appointment to discuss your concerns.

If you have ongoing medical issues, i.e. diabetes or blood pressure, this will be addressed at separate visit.

**What if I have a new health problem when I come in for my Wellness Exam/Physical visit?**  
If you wish to discuss issues beyond the scope of the Wellness Exam/Physical visit, ***your insurance may require you to pay an additional copay/deductible.***