

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.***