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“Your Medical Home on Orcas Island”



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Dear _____,

Your Medicare Annual Wellness Visit is scheduled on _____ at _____.

What to expect during your exam

After checking in at the Front Desk, your visit will start with the nurse who will perform a visual screening test and take your height, weight, and blood pressure. The nurse will also verify the medications you're taking, including non-prescription drugs and supplements.

Your appointment will continue with your doctor, who will perform an exam. He or she will review your medications and discuss the care you receive from other health care specialists. Together, you and your doctor will prepare a personalized health plan, which will be given to you in writing. Based on your personal risk factors, this plan will include a schedule for future preventive screening tests that Medicare provides.

Preparing for your Annual Wellness Visit

The Annual Wellness Visit takes some time, so we ask that you come prepared. Please bring the following items with you to your appointment:

- 1) Please bring all medications that you are currently taking. (The easiest is to place them all in a bag.) This includes:
 - Prescription drugs
 - Non-prescription drugs
 - Vitamin and other supplements
 - Herbal medications
- 2) Please complete the attached Healthcare Provider List and give it to the receptionist when you arrive. Please do your best to provide accurate contact information for your other providers, as requested on the form.
- 3) If we don't have your health history on record, then we have included a form here; please complete the History form and bring it to your appointment.

Thank you for making these preparations prior to your visit.

We look forward to seeing you!