

## **Your Annual Physical What Does Your Insurance Cover?**

Many of our patients have health insurance plans that cover the cost (including co-pay) of a yearly preventive health care visit – otherwise known as your annual physical. Not all insurance coverage is the same. Your provider does not know your health plan benefits and sees many patients with various insurance plans throughout the day. Many insurance plans are no longer covering any lab work with an annual physical. We must follow the guidelines of the Affordable Care Act therefore we will only perform the services that are covered without cost sharing for the patient:

- Height
- Weight
- Waist (inches)
- Blood Pressure
- Pulse
- Colorectal Cancer Screening when indicated
- Prostate screening (PSA – Men over 50)
- Past medical, social, and family history
- Complete physical exam and review of body systems
- Review of medications
- Counseling, screening, and anticipatory guidance/risk interventions that are age/gender appropriate such as mammogram, bone density, etc.

**Preventative care is care you receive when you are healthy and symptom free.**

\_\_\_\_\_ (initial here) If you bring up health problems during your preventative exam, understand that we will either need to address the medical problem and reschedule your physical or set up another appointment to discuss your medical issues.

\_\_\_\_\_ (initial here) If you request extra labs not part of a physical, they may be your responsibility due to your insurance policy.

**Following are some examples of specific health concerns that will NOT be covered as part of your physical:**

- Sinus infection, cough, sore throat
- General fatigue, joint pain, sleeping problems
- Depression, Anxiety, sleeping problems
- Chronic problems such as Hypertension, Low Thyroid, Diabetes, etc.
- Medication refills or titrations
- Any other concerns/ health complaints

Signature: \_\_\_\_\_ Date: \_\_\_\_\_