

Annual Wellness Visit vs Health Maintenance Visit

Impact of Annual Wellness Visits:

- An annual wellness visit was associated with **statistically significant reduction in spending** on hospital acute care and outpatient services.^[1]
- People who received annual wellness visits had a **5.7% reduction in adjusted public healthcare costs** over the next 11 months. The greatest reduction was seen with patients with higher risk conditions.^[1]

Annual Wellness Visit:

- **For patients 65 or older** with Medicare part B for longer than 12 months.
- **Physical exam NOT included in visit.**
- What can be covered in an annual wellness visit:
 - A review of your medical and family history.
 - A review of your current providers and prescriptions.
 - Height, weight, blood pressure, and other routine measurements.
 - Personalized health advice.
 - A list of risk factors and treatment options for you.
 - A screening schedule (like a checklist) for appropriate preventive services.
 - Advance care planning.

Health Maintenance Visit:

- Generally, **for patients younger than 65.**
- Includes physical exam.
- **NOT covered by Medicare.**

Sources

[1] Adam, Beckman, et al. "Medicare Annual Wellness Visit Association With Healthcare Quality and Costs." *The American Journal of Managed Care*, vol. 25, no. 3, 8 Mar. 2019.

