

# MEDICARE'S ANNUAL WELLNESS VISIT

Prevention is the best medicine.

Preventative care helps you manage your present and future health. The Annual Wellness Visit is a free covered benefit and your time to consider issues that are not covered in a typical appointment. Your health care team is your partner in wellness and the Annual Wellness Visit is their time to focus on you each year.



A routine check of your height, weight, blood pressure and body mass index.



Review of the medications, supplements and vitamins you are currently taking.



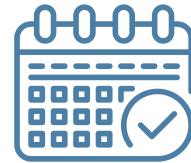
A review of your personal and family medical history.



Review your daily routines and home safety, including your risk for falls or injury.



Screening for problems with your mood or memory that may affect your health or wellbeing.



Create a Personalized Prevention Plan that is clear, easy to follow and unique to you.



Make decisions about the care you would want to receive if you become unable to make decisions about your care. Decisions are based on your wishes. Your care team can help you talk to your loved ones about your wishes.



Receive personalized health advice based on your risk factors, medical conditions or needs. Your care team can help you plan to improve your weight, nutrition, physical activity, tobacco use and prevent falls and injuries.



Keeping up to date on your vaccines is important to your overall health. Making sure you receive your annual flu and pneumonia vaccine will help prevent illnesses that can lead to a hospital stay.



Monday - Friday | 8 a.m. to 4 p.m.  
812-885-6766

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gshvin.org

**Good Samaritan**