

ADULT PREVENTIVE PHYSICAL EXAM INSTRUCTIONS

You are scheduled to check in at _____ for your appointment with _____
on _____ at _____ AM/PM at our _____ location.

*Your provider has given you an extended appointment time for your preventive exam.
If you are unable to make your appointment, please call at least 24 hours in advance at **763-785-4500**.
Thank you for your cooperation.*

Enclosed are the adult preventive physical **forms** you will need to fill out. **Please complete and bring this packet with you to your appointment.** This information is extremely valuable for your provider to have when you check in for your appointment. **If you do not bring these completed forms with you, we may need to reschedule your appointment.** It is also very important for the provider to know all the medications and/or treatments you are taking. Therefore, please be sure to bring all your medications with you to your appointment.

What is included in your preventive exam (annual physical):

- Review your past medical, social, and family history
- Complete physical exam
- Discuss screening tests or services you may be due for
- Medication review
- Education/counseling on how to improve your health and prevent disease

What is not included in a preventive exam (annual physical):

- Monitoring a problem or condition you already have, including lab tests and medication refills
- Treatment of problems found during the preventive exam
- Treating an acute illness (cold, flu, bad cough, back pain, etc.)

If any of these types of services are provided, you may owe a copay.

Insurance companies require that preventive care and medical treatment be billed separately which means that if your insurance pays for preventive care at 100% ,but you are **treated for something in addition to the preventive exam and are billed an office visit, you may be charged a copay or it may be applied to your deductible.**

You can choose to schedule a separate appointment to address those concerns, or if time permits, you and the provider can address them at the time of your physical with the understanding there may be an additional office visit charge.

SEE REVERSE SIDE FOR MORE INFORMATION

FASTING INSTRUCTIONS

MORNING APPOINTMENTS ONLY: Do not take anything by mouth 12 hours prior to the exam. Please take your medications and drink plenty of water. Avoid all alcohol for at least 72 hours before your appointment.

AFTERNOON APPOINTMENT: Do not come in fasting. Your provider may have you return at a later date for an early morning lab appointment for lab work you may need. Be sure to take your medications.

Attention Patients who are 65 Years and Older

All preventive physical exams, for patients who are 65 years and older, now include Medicare's wellness visit components- also known as the Welcome to Medicare Exam (IPPE), Initial Wellness Visit (IWV) or Annual Wellness Visit (AWV). The Medicare Wellness portion of the visit is at **no cost to you.**

We look forward to seeing you. If you have any questions, please do not hesitate to contact the clinic.

763-785-4500