

## Getting Ready for your Wellness Visit

We are looking forward to seeing you for your Annual Wellness Visit! This packet provides important information about your visit and includes a wellness questionnaire.

Here is some important information about the questionnaire you should complete before your visit. It explains the **two different ways you can complete the questionnaire**.

- **On paper**

We have enclosed a paper copy of the questionnaire for you. You may have also received one when you scheduled your visit. You only need to complete it once per preventive / wellness visit. Bring the completed paper copy with you to your visit.

- This questionnaire is also found on our website at [www.Hunterdonhealth.org](http://www.Hunterdonhealth.org). It can be printed from the website and brought to the visit, but the website version is not electronic and is the same as the enclosed paper copy.

- **Electronically**

If you have registered to receive electronic appointment reminders, you may also receive a link to an electronic version of this questionnaire. The link is sent two days before the scheduled visit. If you complete the electronic version, you do not need to complete the paper version too. Mention that you completed the electronic questionnaire to the receptionist at check-in.

- If you would like to enable text alerts, please contact us to opt in.
- You can go to [www.imhhs.com](http://www.imhhs.com) to access the electronic questionnaire within two days of your visit.

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_ Today's Date \_\_\_\_\_

## ***Welcome to your Medicare Wellness Visit-It's Not Just a Physical Anymore!***

We are looking forward to seeing you at your upcoming Medicare Wellness visit, where we will focus on creating a **wellness plan** customized for you.

### **Before your visit:**

We want to spend our time together to focus on what is most important to you. Please complete the questionnaire below and bring it with you on the day of your visit so we spend less time collecting information and more time on what matters!

### **On the day of your visit:**

- Be sure to bring your valid insurance card with you.
- Blood tests: If you plan to have fasting blood work for cholesterol or blood sugar, please don't eat for 5 hours prior to your appointment, but drink plenty of water or non-caloric drinks (black coffee or tea are fine!). Take your medications as usual.
- Urine sample: you may be asked for a urine sample at the office.
- If you must cancel your appointment, please let us know at least 24 hours in advance.
- Please bring a list of your medications, or bring the medications themselves! Include all over the counter products you take.

### **Is my wellness visit covered by Medicare?**

Yes! Medicare covers your wellness visit with your primary care doctor once every 365 days to be sure you can create and follow your own Wellness Plan. There is no co-pay or deductible for these visits.

A **preventive or "well" visit** focuses on staying as healthy as possible. Medical problems like pains, fatigue, constipation, diabetes, heart problems, lung problems etc. are addressed at **sick or disease management visits**. These problems require a different history, review of past treatments, lab tests and x-rays, and medication management.

If we combine a problem visit with your well visit, we will submit the appropriate codes and charges to your insurance company for both the well visit and the problem visit. This is the correct and accepted way to bill for this type of appointment. Depending on your insurance plan, you may be responsible for a portion of the bill.



Name \_\_\_\_\_ Date of Birth \_\_\_\_\_ Today's Date \_\_\_\_\_

	Able to	Not able to	Find it difficult to
Get in and out of a car			
Walk 1-4 blocks			
Walk 5-9 blocks			
Walk 10 or more blocks			
Go down steps			
Go up steps			
Kneel			
Put on socks and shoes			
Shop for yourself			
Prepare your own food			
Do your housekeeping			
Do your laundry			
Use a telephone			

What transportation do you use? \_\_\_\_\_  
 (for example: taxi, drive your car, family drives you, friend drives you, etc.)

How would you describe your physical activity level?

- **None** - You are not physically active and spend most of your time sitting or resting.
- **Low** - You do light physical activity (able to have a normal conversation while moving).
- **Medium** - You do some moderate physical activity (breathing harder, more difficult to talk while moving) per week.
- **High** - You do 150 or more minutes per week of moderate physical activity, or 75 or more minutes per week of vigorous physical activity (somewhat breathless, very difficult to talk while moving).

**Falls**

	No	Yes
Did you fall in the last year?		
If so, did the fall(s) result in injury?		
Do you use a cane or walker?		
Do you have trouble with balance?		

**Alcohol**

- How often do you have a drink containing alcohol?  
*Circle one: Never    Once a month or less    2-4 times a month    4 or more times a month*
- How many standard drinks containing alcohol do you have in a typical day when you drink?  
*Circle one: None    1 or 2    3 or 4    5 or 6    7 to 9    10 or more*
- How often do you have 6 or more drinks on one occasion?  
*Circle one: Never    Less than monthly    Monthly    Weekly    Daily or almost daily*

**Tobacco and Vaping**

	No	Yes	If yes, what kind?	If yes, number per day?	Former User- age when quit
Do you use tobacco?					

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Do you vape or use electronic cigarettes?					
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**Other Medications**

	No	Yes
Do you take opioids (narcotics)?		
Do you take drugs you obtained elsewhere?		

**Medical History Update**

	No	Yes	Details if Yes
Illnesses since last visit			
Injuries since last visit			
Hospital stays since last visit			
	No	Yes	Details if Yes
Specialists since last visit			
Operations since last visit			

**Family History Update**

Write new health problems since your last visit for your:

- Parents \_\_\_\_\_
- Sisters and brothers \_\_\_\_\_ \_\_\_\_\_ No sisters or brothers
- Children \_\_\_\_\_ \_\_\_\_\_ No children

**How have you been feeling?**

In the past two weeks:	Not at All	Several Days	More than half the days	Nearly every day
Have you been bothered by little pleasure in doing things?				
Have you been bothered by feeling down depressed or hopeless?				
Trouble falling or staying asleep, or sleeping too much?				
Do you feel tired or have too little energy?				
Poor appetite or overeating?				
Feeling bad about yourself or that you are a failure or have let yourself or your family down?				
Trouble concentrating on things, such as reading the newspaper or watching television?				
Moving or speaking so slowly that other people could have noticed. Or being so fidgety or restless that you have been moving around a lot more than usual?				
Thoughts that you would be better off dead, or of hurting yourself?				

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**How have you been feeling?**

	Hardly Ever	Sometimes	Often
How often is stress a problem for you in handling your health, finances, family or social relationships?			
In the past 7 days, how often have you felt angry?			
How often do you feel you lack companionship?			
How often do you feel left out?			
How often do you feel isolated from others?			
In the past 7 days, how much pain have you felt?			

	No	Yes
Do you have concerns about your memory?		
Have family or friends been concerned about your memory?		
Do you have concerns about sex?		
Do you have problems with your teeth or gums?		
Do you have dentures?		
Do you see a dentist?		
Does anyone have concerns about your hearing?		

**Provider List**

- If this is your first Medicare Wellness visit, please list the providers who care for you.
- If this is not your first Medicare Wellness visit, please list new providers since your last visit.
- Please include doctors and other suppliers of care like personal care assistant, home health aide, adult day care, home delivered meals, etc.

Provider Name	Provider Location	Provider Phone

\_\_\_\_\_  
 Provider signature

\_\_\_\_\_  
 Date

\_\_\_\_\_  
 Time

**Advance Directive Explanation**

An advance directive is an important legal document for all adults to have. It serves as a guide for your family and healthcare team to follow if a life-threatening event were to happen. Developing a guide keeps you in charge when it comes to decisions about medical treatment—even when you're no longer capable of making those decisions. This kind of planning also shows compassion for family and friends. When loved ones are left guessing, too often

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the result is guilt, uncertainty, and arguments. By making your wishes known, you can help your loved ones feel more comfortable with your chosen course of care. If you have an advance directive or have assigned a healthcare proxy, our office would like to have a copy of that information in your health record.

- An advance directive, also known as a living will, tells medical professionals and your family which medical treatments you want to receive or refuse—and under what conditions. It only goes into effect if you meet specific medical criteria and are unable to make decisions.
- A healthcare proxy, also known as surrogate decision maker or health care power of attorney, allows you to appoint someone to make healthcare decisions for you any time you're unable to do so. Most people choose trusted family members or friends who are comfortable talking to doctors. This is different from a regular power of attorney, which only covers financial matters.