



*Prevention & Medical Care
To Help You Live Better, Longer.*

Types of Medical Visits-

Preventative Health Visits-(Wellness and Pediatric Wellness)

These visits are yearly physicals and prevention visits that are meant to identify risks for disease and allow for counseling about prevention and treatment. These are generally for people who do not have Medicare.

Some patients with Medicare Advantage plans can receive a preventative health visit in the same year as a Medicare Wellness Visit. This physical should not be scheduled on the same day as your Medicare Wellness visit.

Medicare Wellness Visits-(Initial at age 65-years, Annual-66years, Subsequent 67 and older) Are an annual visit with the purpose of reviewing risks and creating a prevention plan. These visits do not include a physical exam except for your "Welcome to Medicare" visit.

Screening Questionnaires-Screening for and identifying issues with depression, behavioral health, and alcohol use are considered important components of preventative care. You will be asked to complete/answer a series of screening questions at most wellness visits to help risk stratify your health and identify potential depression/anxiety that could be overlooked.

Counseling for Disease Prevention-If your medical provider identifies a risk for future illness, they may spend time at a visit counseling you on ways to reduce risk. This counseling can occur for cardiovascular risk, obesity, alcohol use, and depression.

Tobacco Cessation Counseling-Due to smoking's negative impact on health outcomes (cancer, lung disease, stroke, and heart attack)

VMG has made a commitment to counsel our patients about smoking cessation. This counseling sometimes results in a co-pay.

Advanced Care Planning- Is a conversation that occurs with your practitioner that explores your wishes and creates a plan for your future health and safety. It can include discussions about your health care proxy, future housing or care, memory changes, and management of end of life decisions.

Disease Management/Medical Management Visits-These visits are scheduled visits with the purpose of monitoring and providing ongoing care for chronic conditions like hypertension, diabetes, high cholesterol, and depression. These visits are scheduled at intervals based on your needs and medication monitoring.

Same Day/Urgent Visits-These visits are booked to evaluate an acute problem or concern.

Combination Visits-It is not uncommon for patients to have a combined visit for prevention and disease management at the same time. In these visits the preventative visit will often be covered completely by insurance, but the disease management portion may result in a copay or deductible.