



Physical Exams

The following information will help you decide what type of appointment you desire.

What is included in an Annual or yearly Physical Exam?

An annual physical exam is also known as a routine or preventive care exam. During the annual physical exam:

- The healthcare provider will assess your general health which includes an age and gender appropriate exam
- Take medical history & complete physical examination (not just breast and pelvic exam)
- Give age appropriate health guidance
- Order immunizations, laboratory/diagnostic procedures

While it is recommended you receive a physical exam on a regular basis, some insurance plans **do not cover** this type of preventive care. Many insurance plans will cover one preventive care appointment over a 12-month time period

- If another healthcare provider has performed your Annual Physical Exam in the past 12 months, your visit today may not be covered by insurance. **Again, health issues may be discovered but are not usually addressed during a physical exam visit.**

What if I discover a new problem or have a continuing health problem when I come in for my annual physical exam?

You and your healthcare provider will need to decide if it is appropriate to address your current health issues during the same visit as your preventive care visit, or schedule a separate visit. **If you and the provider decide to address your medical issues and complete your preventive exam during the same visit, there may be an additional charge and you will be responsible for any additional payments.**

Will my insurance cover Physical Exams?

While many plans cover an annual physical exam, your plan may not. **You are responsible for knowing your insurance benefits, including your copay, deductible, and patient responsibility.** To avoid unexpected costs, **please check your current insurance policy and/or contact your insurance company to verify your benefits. You are responsible for services not covered by insurance.**

How could I avoid unexpected costs?

Notify us before your exam if another provider may have billed the insurance company for preventive care in the past 12 months, or if physical exams are not covered by your insurance. If another provider has recently billed your insurance company for these services, you will be responsible for any fees not covered by your insurance plan.

Please present your current insurance card and government issued picture identification at the time of your visit.

A co-payment may be collected at the time of the visit.