



Annual Wellness Visits

Annual Wellness Visits (AWVs) are designed to address significant health-related issues through a proactive approach. These visits help identify health risks early, monitor chronic conditions, and provide essential health education. While the visit itself is conducted in-office, it is a prime opportunity to address health concerns and needs for life outside of your doctor's office.

What Are the Benefits of Annual Wellness Visits?

- ◆ **Early Risk Identification:** AWVs help detect potential health issues early, allowing for timely intervention. This can prevent disease progression and reduce the risk of serious complications.
 - AWVs also provide an opportunity for essential screenings and vaccinations, such as breast exams or flu shots.
- ◆ **Chronic Disease Management:** For patients with chronic conditions, AWVs serve as a preventative measure to address issues before they escalate. This is also an ideal time for medication review and management.
 - AWVs complement Chronic Care Management and Principal Care Management activities, leading to improved health outcomes through consistent care.
- ◆ **Health Education:** AWVs offer a chance to provide patients with educational materials about their health, treatment options, and lifestyle choices, promoting informed decision-making.
- ◆ **Mental Health Check-In:** AWVs can include mental health assessments, providing an opportunity for physical or digital mental health resources and support for patients with existing or new mental health diagnoses.

Next Steps

If you are not already scheduled for an Annual Wellness Visit, you can request one via your doctor's office. Alternatively, if you are participating in your practice's care management program, your Care Coordinator can help you with scheduling an AWV and discuss the benefits of these visits for your specific conditions.

