

A preventive health care visit,
done yearly, can help keep you
healthy. Please take this
important step in your health
care and schedule a visit today!

Questions?

Your questions are important.
Call your doctor or health care
provider if you have questions or
concerns. The UWMC clinic staff is
also available to help at any time

Women's Health Care Center
206-598-5500

Patient Education

Women's Health Care Center –
Roosevelt



Your Preventive Health Care Visit

Facts and tips for your visit

A **preventive health care visit**
plays an important part in
maintaining your health.

If it has been more than **12
months** since your last exam,
please contact your health care
provider to schedule a visit.

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What is a preventive health care visit?

A **preventive health care visit** is a once-a-year visit to your primary care provider (PCP) for a general health check. This visit is also called an annual exam, a routine check-up, or a well woman exam. A preventive health care visit includes:

- Evaluation of need for screening tests based on your age, personal history, and family history.
- Update of your health history.
- Update of family health history.
- Update of current medications and supplements.
- Update on immunizations.
- Pelvic exam (depending on age and risk factors).
- Referrals for screening tests, if needed.
- Refills on medications.

What if you have active health problems?

The focus of the preventive health care visit is health screening, risk factor assessment, disease prevention, and counseling. Most times, this process will take up the entire visit. For the most part, it is not possible to address significant new or active ongoing health concerns at this visit.

Please call and schedule a separate **problem-oriented visit** if you have a new health problem or chronic ongoing problem that needs attention.

Insurance Coverage Issues

- Most plans allow for only one preventive health care visit per 12-month period (and some will not pay for a visit even a few days before the year is up).
- Some insurance companies do not cover preventive services. Other companies will not cover preventive care and problem-oriented care at the same visit.

Check your policy for coverage rules before you call for an appointment.

- Under the Washington Women's Health Act, you may self-refer for any gynecologic condition. If you are self-referring for women's health care, make sure you are scheduled for a **pap/pelvic/breast exam**.
- If your PCP is outside of our clinic, we may only do a women's health focused visit that addresses gynecological issues (including a breast and pelvic exam) rather than a full preventive health care visit.

Medicare Issues

- Medicare does not currently cover routine preventive health visits. However, Medicare will cover one preventive health visit within the first 6 months of new enrollment. For services that are not covered, you may choose to pay out of pocket.
- Medicare will cover pap smears every 2 years, mammograms every year, colon cancer screenings, and routine vaccinations.