



## **PREVENTIVE / WELL WOMAN EXAM POLICY**

### **A Well Woman Exam is your once-a-year visit to complete women's healthcare.**

A Well Woman visit is recommended once a year for most women. A Well Woman Exam does not include a discussion of new problems or a detailed review of chronic conditions.

Well Woman (Preventive) vs. Illness (Problem focused) Visits: A "Well Woman" visit is when a patient with no complaints or symptoms is seen for a checkup or preventive exam; most plans cover only 1 per year (some use the calendar year, some use a 12 month cycle). An "Illness" visit is when you have a specific problem or complaint. We are required to submit claims based on the services you receive. We will not change billing codes to circumvent co-pays, deductibles, or uncovered visits, as this could constitute insurance fraud. If we provide both well woman and problem focused services during the same visit, both will be billed.

### **What's included in a Well Woman Exam?**

- General physical exam including breast exam
- Pelvic exam and Pap Smear (pap smear recommended for patients over age 21)
- Update of personal information such as life and work situation
- Review and update of family health history
- Update of current medications, herbs, and supplements
- Evaluation of need for health screening tests (such as mammogram, test for sexually transmitted diseases, and colon cancer screening)
- Update on certain immunizations

**Please schedule a separate appointment if you have concerns that are not addressed during your Well Woman Exam.** If you have a list of concerns or questions that you would like to discuss, new health care concerns or ongoing health problems that need more attention, please schedule another appointment. By doing so, we will be able to bill your insurance instead of creating more out-of-pocket costs for you in most cases.