

# Adult Health Passport

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## YOUR PARTNER IN HEALTH

We are here to help you with smart advice, strong support and a clear plan to reach your special health goals. Think of us as your helpful health care friend who always stands up for you. We make sure you have the best help and the right people on your team.

## CONNECTED SPECIALTY CARE

Choosing Northeast Georgia Physicians Group (NGPG) gives you access to some of the best primary care providers in the state of Georgia. You will also benefit from the strength of the entire Northeast Georgia Health System, with access to experts from many fields of medical practice. When you need care beyond your primary care doctor's office, you will be connected to the specialists you need to help you heal.

## CONVENIENT VIRTUAL VISITS

When you cannot make it in person to your doctor's office, you can still access expert providers from anywhere – quickly and conveniently. Virtual visits allow you to get the care you need without skipping a beat.

Should you experience chest pain, stroke symptoms or severe shortness of breath, please call 911 and go to your nearest emergency room. For any other symptoms, please call your Primary Care Provider.

**Northeast Georgia Physicians Group** is available 24/7 to patients two years of age and older who need quick access to care. No appointment is needed to ask your provider questions through MyChart. You may also seek clinical advice during and after hours by calling your primary care provider's main office line. Visit [providers.ngpg.org](http://providers.ngpg.org) to find a doctor today.

**Virtual Visits** with your NGPG primary care provider allow you to meet remotely for a phone or video conference using a cell phone, computer or similar device. Visit [ngpg.org/virtual-visits](http://ngpg.org/virtual-visits).

**On-demand urgent care video visits** are also available to connect you with a trusted NGPG provider on your phone, tablet or computer right when you need them. Visit [ngpg.org/on-demand-visits](http://ngpg.org/on-demand-visits) to start your video visit.

## STREAMLINED MEDICAL RECORDS

Technology should make the health care experience better for you. That is why we use online technology like MyChart to make getting care and keeping track of treatments easier for you. MyChart is a convenient, free and secure way to manage your health information online. Wherever you are, you can take comfort knowing that you have access to your labs, images, appointments, medication lists and more at all times.

## TYPES OF WELLNESS VISITS

### AGES 19 TO 64: WHAT IS AN ANNUAL PHYSICAL?

Once you reach the age of 19, you will start getting physicals from your doctor. Annual physicals are important for adults. It is an opportunity to check up on your overall health and screen for chronic diseases. These can include diabetes, heart disease, high blood pressure and high cholesterol.

A physical is a hands-on exam. During this appointment, your doctor will ask you questions about your general health. These might be about your family health history, eating and exercise habits. They also check your entire body. It usually takes between 30 minutes to an hour. Your doctor might:

- Check your breathing and lungs
- Do a cancer screening
- Listen to your heartbeat
- Measure your height and weight
- Check your ears, eyes, nose, skin and throat
- Take your blood pressure
- Take your temperature

The exam may also include:

- Blood work, as needed, to check things like your chemistry panel
- Preventive vaccines
- Urine samples, as needed

During your physical, your doctor may suggest or order other tests that you might need. For example, if you are a man or were born one, your physical may also include an exam of your prostate or testicles.

Some of these tests may come at an added cost to you. Be sure to check with your doctor's office so you know what charges you might see.

### WHAT IS A WELL-WOMAN EXAM?

If you are a woman or were born one, you may see your doctor for an annual well-woman exam. The doctor might:

- Do a breast exam (examining your breasts for lumps and other changes)
- Do a pelvic exam (examining your vagina and reproductive organs)
- Do a pap test
- Measure your height and weight
- Check your blood pressure and temperature

This visit is also a chance to discuss pregnancy planning, birth control options and menstrual issues. Your insurance may cover this exam. If you are unsure, the best thing to do is ask your doctor.

## **MEDICARE WELLNESS VISIT: WHAT TO EXPECT**

Your Medicare Wellness Visit is a preventive health exam scheduled with your primary care physician to catch potential health issues early before they become serious. This will help you focus on wellness and a healthy lifestyle while identifying important screening tests, vaccinations and other necessary testing needed. You may be eligible for this exam if you have Medicare.

Most insurance plans cover your annual wellness exam – no copay required.

## **WHAT IS INCLUDED IN A MEDICARE WELLNESS VISIT?**

Your Medicare Wellness Visit includes the following:

- A review of your medical, surgical and family history
- Assessment of vital signs including height, weight and pain assessments
- Perform health risk assessments and screenings
- Assess blood tests and immunizations
- Counseling to prevent future health problems: nutritional, fall prevention, smoking cessation etc.
- Assess for conditions that put your health at risk
- Advanced care planning

A care plan will be developed to help you be successful in your care.

## **WHAT IF I NEED TO ASK MY DOCTOR ABOUT A SPECIFIC MEDICAL ISSUE DURING A WELLNESS VISIT?**

Your Medicare Wellness Visit may last longer than your traditional visit. Please understand your visit will not include a ‘head-to-toe’ physical exam. If you need to be treated for current health problems, please let the front desk know when scheduling your appointment or upon arrival. These aspects of your visit will be billed to your insurance, and you may be responsible for copayments, coinsurance or deductible payments, based on the terms of your policy.

We can combine your wellness and a chronic visit together for your convenience. This is recommended because it is more efficient for you and allows for any chronic problems to be addressed at your wellness exam time. Medicare does not often cover physical exams. Please check with your insurance provider prior to your appointment to ask if this is a covered benefit.

## **WHAT DOES A FOLLOW-UP FOR CHRONIC CONDITIONS INCLUDE?**

- Treatment of a chronic condition such as diabetes, asthma or high blood pressure
- Any new problems, complaints or issues
- Need for new medications or tests
- Referrals to a specialist
- Additional treatment options

## WHAT ARE THE OTHER TYPES OF VISITS?

Other visits you may have at your primary care office includes:

- Medication management visits
- New patient visits
- Post-test result follow-up visits
- Post hospital discharge follow-up visits
- E-visits
- New problem/sick visits

## HOW SHOULD I PREPARE FOR MY VISIT?

You can check in through MyChart up to five days before your visit to make sure we have your most up-to-date information, including your medications, medical history and insurance. You will be able to update these, along with adding your preferred pharmacy and completing any assigned questionnaires prior to your appointment.

If you do not use MyChart, please arrive 15 minutes early to complete any necessary paperwork.

Please ask your provider about eating and drinking before your visit. Plan to take your regular medications with water or black coffee unless otherwise instructed. This gives the provider the opportunity to check the effectiveness of your medication. Talk with your provider prior to taking your diabetes medications.

What should you bring to your appointment?

- Bring all medication bottles to your appointment, including over-the-counter medications, vitamins and herbals.
- Your driver's license or a state-issued ID and current insurance card(s)
- Copies of your advanced directive
- A list of your patient care team – any specialists you see for various types of conditions
- Be prepared to review your family history

## WHAT ARE THE MOST IMPORTANT POINTS I NEED TO KEEP IN MIND?

- Review your insurance plan's summary of benefits before your appointment to understand what your insurance company will or will not cover.
- When scheduling a wellness visit, clearly state that you would like to make an appointment for your annual wellness or preventive care exam. That will help the practice prepare for your visit and bill your insurance company appropriately.
- When you speak with your doctor or other practitioner, let them know you are there for a wellness exam. Or, if you need to discuss a specific concern that may require treatment, make sure to bring their attention to any non-routine concerns at the start of your appointment.
- The specific care you need might be different based on your health history and risk factors. If you have chronic conditions, you might need additional tests and immunizations. You should talk to your health care team to find out what is right for you, or if you have questions about the recommendations above.

## WELLNESS SCREENING RECOMMENDATIONS

	Male at Birth	Female at Birth	Age 19-64	Age 65-79
Annual depression and suicide risk screening	●	●	●	●
Annual screening for tobacco use, alcohol abuse, healthy weight, and exercise activity	●	●	●	●
Anxiety Assessment	●	●	●	●
Annual Vaccine: COVID-19	●	●	●	●
Annual Vaccine: Influenza	●	●	●	●
Pneumococcal vaccine – 1 vaccine <sup>1</sup>	●	●	●	●
Shingles Vaccine 2-dose series <sup>2</sup>	●	●	●	●
Breast cancer screening ages 45-74 every 2 years <sup>3</sup>		●	●	●
Cervical Cancer Screening <sup>4</sup>		●	●	●
Chlamydia and Gonorrhea Screening		●	●	
Colorectal Cancer Screening up to age 45 <i>Options include:</i> <i>Colonoscopy with normal result - good for 10 years.</i> <i>Cologuard with normal result - good for 3 years.</i> <i>iFobt - must be done annually by the patient, at their home.</i>	●	●	●	●
Healthy Diet and Physical Activity counseling for CVD prevention	●	●	●	●
Osteoporosis screening		●		●
Prediabetes and Type 2 Diabetes Screening	●	●	●	●
Prostate Cancer Screening PSA <sup>5</sup>	●		●	●
RSV Vaccine <sup>6</sup>	●	●		●
Advanced Care Planning/Living Will	●	●	●	●
Social Needs Assessment	●	●	●	●

<sup>1</sup>The pneumococcal vaccine is only recommended for individuals aged 19-64 who are immunocompromised or living with chronic conditions.

<sup>2</sup>The shingles vaccine is recommended for all adults 50 and older and for adults aged 18-49 who are immunocompromised..

<sup>3</sup>Your doctor may recommend more frequent screenings based on your risk or history.

<sup>4</sup>Adults aged 30-65 should undergo HPV and cytology testing every five years, or every three years if only cervical cytology is performed. For individuals aged 21-29, screening is recommended every three years, with consideration given to extending the interval to every five years.

<sup>5</sup>Elective prostate specific antigen (PSA) testing can be considered for adult males aged 55-69. It is not recommended for those aged 70+.

<sup>6</sup>The RSV vaccine is recommended for individuals aged 60-74 who are immunocompromised or are living with chronic conditions. IT is also recommended for all individuals aged 75+.

