

# INFORMATION ON PREVENTIVE EXAMS OR “PHYSICALS”

## What is a “physical?”

- A “physical” is really a preventive healthcare check-up. This is an opportunity to update your medical records to ensure accuracy, screen for certain diseases, and make sure you are up-to-date with all of your vaccinations.

## What it is NOT—

- This is **not** an office visit to discuss your chronic medical problems or new problems. Certainly they may be discussed, but if significant time is spent on these issues, your preventative healthcare will not get sufficient attention due to time constraints—and you may be billed for additional services/copay.

## How do I get the most from my preventive visit?

- If you have new issues, they are best addressed in a dedicated visit, not during a preventive exam.
- Similarly, your chronic medical conditions should be discussed at a follow-up appointment.
- Please arrive fasting (nothing by mouth except water for 12 hours).

## What is covered?

- This varies by insurance so check with your insurance carrier prior to your appointment.
- Please note that if you make a “physical” or preventive appointment to discuss a new issue it may not be billed as a physical. You may be responsible for additional charges/copay.
- If we discuss new issues or chronic medical conditions you may be billed for additional services/copay.

We want to help you stay healthy—an annual preventive visit helps us achieve this goal. Please let us know if you need more information.