

MARCH 2021 | ISSUE 1



# VITALITY

*VITAL news to keep you healthy!*

## Preparing for your **FREE Medicare Annual Wellness Exam**

The Medicare annual wellness exam (AWE) is a free health benefit that includes a personalized wellness exam and follow-up plan. Taking advantage of this important benefit can help Medicare beneficiaries take proactive steps in staying healthy through the golden years. First, your primary care doctor will ask you to fill out a questionnaire called a "Health Risk Assessment" that evaluates your health status, physical functioning and general well being. It also assesses other aspects of your health, such as your staying socially active by interacting with family, friends and social functions, and how are you doing with activities of daily living (dressing, bathing, fall risk, etc.) Next, after your provider has completed your "Health Risk Assessment", they will review the results with you, and may recommend follow-up services and actions you can take to prevent health problems and stay as active and happy as possible.

Your provider will also want to update your family history, specialists you are seeing, check your prescriptions, check vitals and assess for any cognitive changes you may experience and discuss screenings and other preventative health services. Although an annual wellness exam is NOT required by Medicare, it is still important to take advantage of this benefit as it will provide an opportunity to get personalized health advice at no cost to you. In an effort to prepare for your exam, you can write down any health-related questions or worries, including your list of current medications in advance. For further information on this, or any other question with regard to your network, benefits, etc., please reach out to MedPRO 559.450.5652

### THIS MONTH'S FEATURED ARTICLES

Navigating Your  
Healthcare and  
Seniors and Exercise!





## Seniors and Exercise

Being a senior can have its challenging moments and staying healthy is one of them. As we age into our senior years, and beyond, having a daily exercise schedule will help you live a healthy and fulfilling life. If you're an older adult looking to establish an exercise routine, you should, ideally, be able to incorporate 150 minutes of moderate endurance activity into your week. This can include walking, swimming, cycling, and a little bit of time every day to improve strength, flexibility, and balance. The Centers for Disease Control suggest this amount of time for generally fit Americans aged 65 and older. Even though this sounds like a lot, the good news is that you can break it down into 10- or 15-minute chunks of exercise two or more times a day. Here's an example of what a work-out week could look like:

MONDAY - 15 - 20 minute walk twice per day  
TUESDAY - 15 - 20 minute walk twice per day  
WEDNESDAY - 30 minute cycle, swim or aerobics  
THURSDAY - Rest Day  
FRIDAY - 30 minute walk or 2 - 15-minute walks  
SATURDAY - 30 minute cycle, swim or aerobics  
SUNDAY - Rest Day

## Navigating Your Healthcare

When we get sick, we generally go to the doctors office, and when we go to the doctor, we assume that they will remember everything about us, including our insurance benefit plan details, copayment, etc. As a patient, it is your responsibility to understand what your insurance covers and it is always a good idea to contact your insurance plan through Medicare, employer group or insurance agent to make sure you understand your benefits in advance of an appointment. Remember, knowing your full benefit coverage and the network associated with it is very important, as this empowers you as the patient and helps you and the provider work as a "team" toward your good health. Here are a few tips to keep in mind before visiting your physicians office:

- Know or have a a written summary of your benefits.
- Know the name of your specific health plan and which doctors are in the provider network.
- Read ALL forms thoroughly before signing.
- Keep copies of everything, even communications that you might need at a later time.
- Talk to your provider about your health concerns, making a list first so you don't forget is a big help.
- You want to make sure your provider office has all of your up-to-date information, by asking the office staff if they reviewed records from past lab work or specialist visits, they are there to help you.

MedPRO is one of the premier independent provider associations in the Central Valley, and has nearly 700 providers throughout Fresno and Madera Counties. When choosing a primary care provider, you want to ensure that your specialist and hospital are both part of the MedPRO network.

MedPRO is affiliated with Saint Agnes Medical Center, Madera Community Hospital and Valley Children's Hospital.

For more information on MedPRO and its network of providers, please visit them at [www.cvmmedpro.com](http://www.cvmmedpro.com) or call them at 559.450.6334 or 559.250.6276. The team at MedPRO would like to ensure that your needs are taken care of and assist you as you navigate your way through the growing and ever-changing healthcare world.

