



Wellness Exam

At Cedar Ridge Family Medicine, we take great care in making your visit with us the best that it can be. Because you may be confused about what is covered in a wellness exam, we want you to understand what you can expect. Insurance companies have set very specific guidelines for what we are allowed to cover in this type of visit. The purpose of a wellness exam is to identify any problems that we can address before they negatively impact your health. The items we will discuss include:

- Yearly blood work
- Colonoscopy
- Mammogram
- Pap smear
- Immunizations (specifically tetanus and pneumovax)
- Bone density scan (screening for osteoporosis)
- Review any specialists you may be seeing
- Review medication changes
- Review past medical and surgery history
- DNR orders

In addition, we will discuss questions related to your general health. Your insurance company will refuse to pay for today's exam if we deviate from the guidelines they have established, which will leave all financial responsibility on you for this office visit. An issue we both want to avoid. New or ongoing problems (such as abdominal pain, knee pain, diabetes, blood pressure, weight loss, insomnia, depression, anxiety, etc.) cannot be addressed as part of a wellness exam. If you are having any new or ongoing problems we cannot address in your appointment today, we strongly encourage you to schedule another appointment in the near future so we can assist you in resolving your health concerns.