

You Want Me to Do What?

Tips for Scheduling
a **Free Visit**
with your
Healthcare Provider

Brought to you by your physician,
a member of the
Accountable Care Organization
of the North Country.



Accountable Care Organization

OF THE NORTH COUNTRY

A COLLABORATION AMONG North Country Physicians Organization / St. Lawrence Health System / The University of Vermont Medical Center




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An Annual Wellness Visit is an important, free service to help you manage your health. But many people don't know what it is, or why they should have one.



What is an annual wellness visit?

Annual = something you can do every year.
Wellness = a chance to evaluate your overall health with a medical professional and make a plan for the next year.
Visit = a conversation you can have via telehealth or in person.



How much does it cost?

NOTHING. Medicare pays for all of it.



Is this the same as an annual physical?

No. Your provider won't do any hands-on treatment. This is your chance to discuss your health concerns and make a plan for the upcoming year.



Should I have one if I visit the doctor regularly?

Yes. Those visits are for specific conditions. This visit gives you time to talk about any and all health concerns or issues.



How often should I have one?

Every year. Your health changes and so do your risk factors.



Should I have one if I live somewhere else part of the year?

Yes. You need one provider who understands your overall health and can help you stay as healthy as possible.



How do I schedule one?

It's easy. Just call your doctor's office and ask to schedule your Annual Wellness Visit. Let them know if you want to do it via telehealth or in person.

For general questions or additional information:

Medicare: 1-800-633-4227

Medicare Teletype: 1-877-486-2048

Accountable Care Organization of the
North Country: 1-866-472-7472



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