

Dear Member,

The health plan you have chosen is a Medicare Advantage HMO health plan and Meritage Medical Network is the medical group that administers your healthcare benefits. This plan is a Medicare Advantage plan that replaces traditional Medicare. Meritage is a network of 700 physicians in Marin, Sonoma, Napa and Solano counties, and you must access care within our network of providers. Being a member with Meritage Medical Network provides you with additional benefits compared to traditional Medicare.

One important no-cost benefit focuses on the **Annual Wellness Visit**. This is a preventative health visit that allows you and your health care provider the opportunity to review any health conditions you may have, and create a personal care plan for the coming year. Call your Primary Care Provider (PCP) listed on your member ID card and let them know you want to schedule an Annual Wellness Visit.

During your Annual Wellness Visit, your provider will:

- Perform a Health-Risk Assessment (HRA) – This includes a questionnaire that you complete before or during the visit to determine your health status, and urgent health needs.
- Review preventative measures noted in the Annual Care Checklist provided in this package. Bring the **provided checklist** with you to your Annual Wellness Visit to ensure the items listed are addressed.
- Obtain your medical and family history.
- Make a list of your current providers, durable medical equipment (DME) suppliers.
- Review your medications, including prescription medications and any vitamins or supplements that you may take.
- Create a written 5-10 year screening schedule or checklist—this checklist is based on your health status, screening history and Medicare-covered preventive services.
- Identify physical and mental health conditions (i.e. depression) along with related current or recommended treatments.
- Review your functional ability and level of safety— this includes screening for hearing impairment and your risk of falling.
- Review your ability to perform activities of daily living, such as bathing, dressing and home safety.
- Offer health advice and referrals to health education or preventive counseling services to promote wellness. These include weight loss, physical activity, smoking cessation, fall prevention, etc.