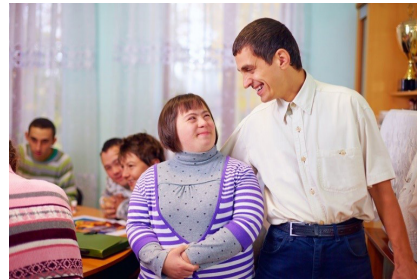


Supporting Annual Wellness Check-ups

Key Facts

It is important for people with I/DD to see their primary care provider (PCP) for an annual wellness check-up when they are well so their provider can examine them and get to know what they are like when they are healthy. It is important to have a thorough wellness check-up each year so any underlying health problems can be diagnosed and treated or managed. Annual wellness check-ups are also essential in aiding with the prevention of diseases and illnesses that may otherwise not be noticed.



Preparing for and Organizing the Wellness Check-Up

- Support the person in making the appointment with their provider.
- When making the appointment, be sure to provide the reason for the appointment and ask about a copay. If this is a new provider, be sure to ask if the form of insurance being used is accepted.
- If the person chooses, they may bring a parent or support person along with them to the appointment.
- Make sure the person takes any personal health records or profiles, a list of current medications, a written list of questions (if any) and any other information that might be helpful to the provider.
- Support the person in notifying the doctor of any health or medication changes since the last visit.



Medicaid Wellness Check-ups

Medicaid covers or helps to cover the cost of a routine checkup from a primary care provider (PCP), as well as some other diagnostic routine screening services.

At the Appointment

Typically, the PCP will check things such as the person's diet and nutrition, vital signs, heart and lung function, and their general appearance. They will also examine the person's head and neck, as well as their extremities for any abnormalities. They will ask questions about the person's lifestyle behaviors and family and personal health history.

For preventive measures, the PCP may also order one or more routine laboratory tests (often called "labs") depending on the person's needs. This helps the provider diagnose, treat, and make health recommendations and referrals.

The annual wellness check-up is also an important time for the person to talk to their provider about any health concerns. They can ask any questions they may have about

Supporting the Person After their Check-up

It is important for the person to follow their provider's recommendations and get a second opinion if they want one. These recommendations may involve follow-up actions including scheduling diagnostic tests, such as blood, urine, or other tests, and making appointments with specialists. Recommendations may be made regarding a personal health plan or goals the person wants to pursue with the help of their doctor. Parents, family members, or service providers can support the person in following the provider's recommendations based on the person's needs.



Follow-up

Make sure the person asks the PCP if a follow-up appointment is necessary in case they need to talk about any test results or other recommendations that may have been made. The provider may use this time to give more advice about treatment, monitoring, and/or prevention. They may also use this time to refer the patient to another health care professional or specialist.

For more information:

The Medicare website offers more information about how Medicare works:
<https://www.medicare.gov/manage-your-health/i-have-a-disability>

The Medicaid website offers more information about how Medicaid works:
<https://www.medicaid.gov>

You might be interested in these fact sheets:

- Supporting Someone Who is Going to the Doctor
- Helping with Communication with the Doctor

This fact sheet was created in June 2021.

The fact sheet contains general information only and does not take into account individual circumstances. It should not be relied on for medical advice. We encourage you to review the information in this fact sheet within the context of educational purposes and when appropriate, share it with your health professional to decide whether the information is right for you.

This module was adapted from NSW Council for Intellectual Disabilities (2009), Australia.

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