



## What to Expect at your Annual Well-Woman Exam

The **annual well-woman exam** is an essential part of your ongoing health maintenance. Despite changes in recommendations for certain tests, such as the Pap test, a regular annual exam is strongly recommended. Under recent health reform legislation, health insurance companies will cover most, if not all of the charges associated with this type of visit, with no co-pay on your part. Please check with your insurance company to determine how your visit will be covered.

### What things are normally considered to be part of an annual well-woman exam

- Overall Assessment of:
  - Health Status
  - Menstrual/contraceptive status
  - Physical Activity
  - Sexual practices
  - Tobacco, alcohol and drug use
  - The need for periodic health screening tests (e.g., Pap Test, cholesterol, mammograms)
  - Discussion of specialty-appropriate medication refills.
- A gynecologic-oriented physical exam, including:
  - Height
  - Weight
  - Body Mass Index (BMI)
  - Blood pressure
  - Abdominal exam
  - Breast exam
  - Pelvic exam
- Other tests/exams that may be performed
  - Vaccinations for flu, Hepatitis A & B, human papillomavirus (HPV), tetanus/Tdap and measles.
  - Chlamydia and gonorrhea
  - HIV testing for sexually active adolescents and women

#### ***Important Note:***

The intent of the annual well-woman visit is for **routine** health maintenance. The assumption is that you do not have specific medical problems or conditions. If you wish to discuss additional issues, please let the receptionist know so they can schedule additional time for this discussion, or a separate visit in the future.

If you discuss a *problem-oriented* issue with your doctor (e.g., back pain, sleeping problems, anxiety), you or your insurance may be billed separately and in addition to your well-woman visit since problem-oriented visits usually necessitate a separate office visit. In this case, your insurance company may apply a co-pay for the problem-oriented portion of your visit. Please review your insurance coverage for information on what is covered as part of your visit.

If you have any questions, please call us at (608) 729-6300.

