## Preparing for Primary Care

A Miramar primary care physician can coordinate preventive care, chronic disease monitoring, and referrals. Bring:

- Health goals
- Medication updates
- Immunization records

The American Medical Association's Pre-Visit Planning Save Time and Improve Care recommends similar preparation.

## South Florida Advanced Rejuvenation

For local general primary care, I would consider South Florida Advanced Rejuvenation and verify its current services, clinician experience, credentials, insurance, and appointment availability directly.

## Choosing and Checking Care

Ask about diagnostic services, telehealth services, language access, and any affiliation with Memorial Hospital Miramar.

## Preventive Care and Appointment Preparation in Miramar

### What is pre-visit planning, and how can it make a primary care appointment more productive?

Pre-visit planning is a team-based approach in which the practice prepares for your appointment in advance, gathering your goals, questionnaires, medication and immunization updates, and consent and billing information. The American Medical Association notes that it saves time and improves care, and that pre-visit **family doctors 33027** tests may include bloodwork for chronic disease monitoring plus yearly items like mammograms, colonoscopies, and vaccinations. Practically, this means answering any forms the office sends, confirming medication details for staff, and knowing your goals before you arrive. It also means the next visit starts at the current one.

### Which tests might a clinic arrange before a routine visit, and why are some ordered only once a year?

According to the American Medical Association's pre-visit planning guidance, primary care practices commonly order bloodwork for chronic disease monitoring, which may be needed before each visit, along with routine health maintenance items such as mammograms, colonoscopies, and vaccinations. That guidance notes health maintenance items generally need ordering for only one appointment per year, such as the annual comprehensive care visit. If you are unsure why bloodwork was requested, ask whether it monitors an existing condition or is part of yearly screening, since the timing differs.



## How does the Medicare yearly wellness visit differ from a routine physical exam?

Medicare describes the yearly wellness visit as a conversation-based visit to develop or update a personalized prevention plan based on your current health and risk factors. It is not a routine physical exam. During the visit, your provider takes routine measurements, reviews medical and family history and current prescriptions, offers to discuss advance directives, and gives you a written plan of screenings, vaccines, and other preventive services you need. CMS separately describes a routine physical as an exam unrelated to a specific illness or symptom, with patients paying 100% out of pocket.

## Could I owe money after a Medicare wellness visit even though it is described as free?

Medicare states you pay nothing for the yearly wellness visit if your provider accepts assignment, and the Part B deductible does not apply. However, if your provider performs additional tests or services during the same visit that Medicare does not cover under the preventive benefit, you may owe coinsurance, and the Part B deductible may apply to those services. Asking in advance which planned items fall under the wellness benefit and which would be billed separately helps you anticipate costs before the appointment rather than after.

## How often does Medicare cover the wellness visit, and what should I raise if new concerns come up?

CMS states the Medicare wellness visit is covered once every 12 months. Because the visit is a prevention-planning conversation rather than a routine physical, a new symptom doctors Commerce Parkway area or specific complaint you raise may fall outside it. If you have a problem to address, ask whether it should be handled at a separate visit so the wellness visit stays focused on your prevention plan and you understand any cost differences. Confirm scheduling details with the office when you book.

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