

## **ANNUAL WELLNESS VISIT**

**Date of Completion:** 6/2/2022

**Physician:** Williams, Keller

**Patient:** Payshent, Sofia

Congratulations on completing your Annual Wellness Visit! Your results will be reviewed by your provider, who may recommend additional follow up.

Here is a summary of the Medicare requirements and your status. Included in your full report is a summary of information collected, screening results, and advice for helping you stay healthy.

<b>Annual Wellness Visit Summary</b>	<b>Status</b>
Capture basic vital statistics.	Completed
Complete a Health Risk Assessment to identify your risk factors for disease, including capturing your medical history, familial diseases that may put you at greater hereditary risk, and lifestyle choices that may impact your long-term health and quality of life.	Completed
Complete screenings for: Fall Risk; Memory Impairment; Hearing Loss; Depression; Alcohol, Tobacco and Substance Use; Independent Living Skills; and others as noted in your detailed results.	Completed
Identify additional Medicare beneficiary preventive screenings and immunizations for which you may be qualified, to assure prevention and early detection of disease.	Completed
Capture the contract information for yourself, your emergency contacts and caregivers, as well as your surrogate decision-maker, in the event you cannot speak for yourself.	Completed
Provide education about Advanced Care Planning, which assures that you are in charge when it comes to decisions about your medical care, especially in the event that you cannot speak for yourself.	Completed
Provide education and, for qualified patients who consent, enrollment into Medicare's Prevention Programs, like Chronic Care Management and Remote Physiological Monitoring.	Completed

<b>Next Steps</b>	<b>Status</b>
Schedule your advised follow up visits.	To Do
Plan for your next AWW- recommended early in the year to help you take get your preventive screenings done early	To Do

To learn more about your Medicare Benefits, visit:

<https://www.medicare.gov/coverage/preventive-screening-services>

Thank you for your time! We look forward to helping you remain healthy and independent.

Your Wellness Team

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## **Home Assessment Checklist for Fall Prevention**

Falls account for 25% of all hospital admissions and 40% of all nursing home admissions. 40% of those who enter nursing homes due to falls never return to independent living. Use this list to help keep you safe from falls at home. For more information, visit:

[www.fallpreventiontaskforce.org](http://www.fallpreventiontaskforce.org)

<b>EVERY ROOM</b>	<b>Yes / No</b>
Are all spills cleaned up immediately?	
Are throw rugs and mats secure, with slip resistant backing?	
Is clutter removed from all floors?	
Can you answer the phone without getting up from your bed or chair?	
Do you have a cordless or cell phone or emergency alarm device?	
Are cords pushed up against the walls and secured?	
Is it easy to walk around the furniture in your house?	
Can you turn on a light without having to walk into a dark room?	
Can you pull cords to lights or ceiling fans without reaching up?	
<b>BATHROOMS</b>	
Is the path from the bedroom to the bathroom well lit?	
Are there grab bars near the toilet and in the shower and bathtub?	
If you have difficulty standing in the shower, do you use a shower seat?	
Do you remove soap build-up in your shower or bathtub to avoid slipping?	
Can you reach soap in the shower without bending down or turning too far around?	
Do you have a raised toilet seat if you have difficulty standing up and sitting down?	
<b>PORCH, YARD, OUTSIDE</b>	
Is the path from the house to the garage or garden well lit?	
Are there cracks or buckles on the sidewalks or driveway?	
Are there hoses, weeds or other obstacles on the walkways?	
Are there icy steps or walkways?	
<b>BEDROOM</b>	
Is there a table close to your bed with a lamp and room to store eyeglasses and a phone?	
<b>KITCHEN</b>	
Can you get regularly used items without bending down or reaching up too far?	
Is food prepared at the kitchen table?	
Do you have a step stool that has side rails, is sturdy, and in good condition?	
<b>STAIRS</b>	
Are there handrails on both sides of the stairways inside and outside your home?	
Are the steps on your stairways even and safe?	
Are there lights or light switches at the top and bottom of inside stairs?	
Are exterior stairs well lit?	

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### **Preventive Service: Advised Follow Up Visits**

<b>Vaccinations</b>	<b>Description</b>	<b>Completed</b>	<b>Appointment Request</b>
Flu	1 per season (Oct-May)	Yes / Sí	
Shingles	2 shots, separated 2-6 months apart	Yes / Sí	
Pneumonia	2 shots, separated about 1 year apart	Yes / Sí	
Hepatitis B	2 shots, 1 month apart	No	No, decline
TDAP	1 shot every 10 years	Don't Know / No se	Yes, administer today
Covid 19	2 shots, separated 3-4 weeks	Yes / Sí	

<b>Labs</b>	<b>Description</b>	<b>Completed</b>	<b>Appointment Request</b>
Diabetes	1 per year, unless prediabetic, then 2 times per year	Yes / Sí	
Cholesterol	1 time every 5 years	Yes / Sí	
HIV	1 per year, aged 18-65, or if 65+ and at higher risk	No	No, decline
Hepatitis C	1 time if born between 1945 and 1965, or if doctor advises	No	Yes, to see if I need it

<b>Screenings</b>	<b>Description</b>	<b>Completed</b>	<b>Appointment Request</b>
Glaucoma	Eye pressure test, 1 per year if you have family history	Yes / Sí	
Colon Cancer	Colonoscopy or similar, as often as ever 2-10 years depending on risk	Yes / Sí	
Osteoporosis	Bone density scan (aka DeXa) every 2-10 years depending on risk	Yes / Sí	
Lung Cancer	Low does CT scan, 1 per year if aged 55-77 and a prior heavy smoker; doctor must sign off	No	Yes, to see if I need it
Abdominal Aortic Aneurysm	Ultrasound scan, if family history or a male aged 65-75 wh has smoked 100+ cigarettes in his lifetime	No	Yes, to see if I need it

<b>Gender Screenings</b>	<b>Description</b>	<b>Completed</b>	<b>Appointment Request</b>
Breast Cancer	1 mammogram per year for women aged 40 and older	Yes / Sí	
Ovarian Cysts, infections, Uterine Fibroids, Cancer	1 breast and pelvic exam, every 24 months or annually if higher risk	Yes / Sí	
HPV Cervical Cancer	1 time every 5 years for women aged 30-65	Don't Know / No se	Yes, to see if I need it

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### ***Preventive Service Programs & Enrollment Status***

<b>Counseling</b>	<b>Description</b>	<b>Qualification</b>	<b>Wants to Enroll if Doctor Approves</b>
Cardiovascular Disease Counseling	You must be diagnosed with at least one cardiovascular condition. One session annually. Helps lower your risk for cardiovascular disease. During therapy, your doctor may discuss aspirin use, check your blood pressure, and give you tips to make sure you're eating well.	Pre-Qualified / Pre calificado	Yes
Diabetes Prevention Program	You must have a BMI of 25 or more (23 or more if Asian) and not be diagnosed with Diabetes or ESRD. Once in a lifetime benefit. A proven health behavior change program to help you prevent type 2 diabetes. 16 sessions over 6 months that help you make realistic, lasting changes.	Not Qualified / No calificado	
Diabetes Self-Management Training	You must have diabetes. Up to 10 hours for the first year, and 2 hours each year thereafter. Teaches you to cope with and manage your diabetes. The program may include tips for eating healthy, being active, monitoring blood sugar, taking medicine, and reducing risks.	Not Qualified / No calificado	
Nutritional Counseling	You must have diabetes, kidney disease or had a kidney transplant in the last 3 years. Up to 3 hours first year and 2 hours second year. Conducted with a registered dietician or nutritional professional.	Not Qualified / No calificado	
Weight Loss Counseling	You must have a BMI greater than 29. Up to 22 sessions per year, conditional on losing weight. An initial screening for BMI and behavioral therapy sessions that include a dietary assessment and counseling to help you lose weight by focusing on diet and exercise.	Not Qualified	
Behavioral Counseling	You must be a sexually active adult. Various counseling sessions depending on your needs. Your doctor must provide counseling or refer you.	Not Qualified / Not Calificado	

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### **Preventive Service Programs & Enrollment Status (continued)**

<b>Counseling</b>	<b>Description</b>	<b>Qualification</b>	<b>Readiness to Quit</b>	<b>Requests Appointment</b>
Alcohol Misuse Counseling	You must screen positive for alcohol misuse. Counseling must be provided by your primary care team.	Not Qualified / No Calificado		
Tobacco Cessation Counseling	You must currently use tobacco. Up to 8 sessions per year, so long as progress is made toward ending tobacco use. Counseling is provided to help you stop smoking or using tobacco.	Not Qualified / Not Calificado		

<b>Programs</b>	<b>Description</b>	<b>Qualification</b>	<b>Next Steps</b>
Chronic Care Management (CCM)	Monthly coaching and monitoring service designed to keep patients out of the hospital. For patients with 2 or more chronic conditions that place the patient at risk.	Qualified / Calificado	Are you currently enrolled in CCM?  Not enrolled / No inscrito
Remote Patient Monitoring (RPM)	Monthly use of technology to collect health data from a patient who is at home and send it securely to the patient's doctor for assessment and ongoing care.	Qualified / Calificado	Are you currently enrolled in RPM?  Not enrolled / No inscrito actualmente
Clinical Trials	Various programs that test new interventions to improve patient health. Each clinical trial will have requirements that your provider can explain to you when you are qualified.	Varies by clinical trial.	Do you want to be contacted when you are qualified for a clinical trial?  No

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### **Other Appointments or Concerns**

<b>Other Offered Appointments</b>	<b>Detail Provided by Patient</b>	<b>Appointment Requested</b>
Medication Adherence		No
Medication Use		No
Health Issues Last 4 Weeks		No
Advanced Directives	What should we think about for our advanced directives?	Yes
Pain*		

\* Pain appointment request will be empty if no pain was selected

### **Other Health-Related and Non-Health Related Issues or Concerns**

My blood pressure seemed high today. Should we review my blood pressure meds?

### **Health Measurements\***

<b>Measures*</b>	<b>Result</b>	<b>Optional Measures</b>	<b>Result</b>
BMI	22.7	Pulse	70
Height	5'7"	O2	96
Weight	145	Temperature	98.1
Blood Pressure	130/85	Vision Acuity (Bilateral Corrected)	20/25
# of Chronic Conditions	3	Pain Rank Today	
Hearing Aid Use	Yes - as prescribed	Pain Rank Last 4 Weeks	

\* If data is missing, measurements were not completed.

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### **Health Assessments**

<b>Assessment</b>	<b>Risk Rating</b>	<b>Comments</b>
<b>Alcohol Misuse Risk</b>	Low	Because you are at a low risk for Alcohol misuse, take steps to ensure your risk remains low, which includes limiting your intake to 2 drinks per day or 7 drinks per week. If you take medication, carefully follow the instructions on the label.
<b>Blood Pressure Risk</b>	High	A healthy blood pressure range is between 120/80 and 129/89. Your blood pressure is high, putting you at risk of heart attack or stroke, aneurysms, heart failure, vision loss, kidney disease and dementia. We recommend nutritional counseling to help learn what foods can improve your blood pressure and to assure you are maintaining a healthy weight. We also recommend you meet with your care team to review whether changes in your medications will help keep your blood pressure in a normal range. Finally, because high blood pressure usually has no symptoms, we also recommend that you routinely monitor your health using an over-the-counter blood pressure machine.
<b>Chronic Conditions Risk</b>	3+, Qualified	You have 3 or more chronic conditions, putting you at greater risk for dying prematurely, being hospitalized, and being less able to function day-to-day. Medicare encourages participation in a Chronic Care Management (CCM) program, the goal of which is to keep you healthy and at home. Our CCM program may include monthly check ins, remote monitoring, medication reviews, 24/7 access to a nurse, or assistance in getting healthcare appointments. There is a copay required. If you have a Medicare Supplement, your copay may be covered.
<b>Depression Risk</b>	Low	Because you are at a low risk for depression, we recommend taking steps to maintain your health such as eating a healthy diet, exercising, getting good sleep, and being socially active.
<b>Fall Risk</b>	Low	You are at low risk for falls because you haven't fallen. We encourage you to continue your exercise and strength training routines; to take a fall prevention class; and, to assess your home for fall hazards.
<b>Assessment</b>	<b>Risk Rating</b>	<b>Comments</b>
<b>Framingham 10 Year Risk of Heart Attack</b>	Low at < 10%	No Results Returned
<b>Hearing Risk</b>	Low	You are at low risk for hearing loss. Hearing loss is often a natural part of aging, but there are other factors associated with hearing loss. If you begin to notice any type of hearing difficulty such as muffled sound, ringing in the ears, or loss of hearing, it's important to get it checked as soon as possible.
<b>Healthy Habits Risk</b>	Low	While no one is guaranteed good health, you do have some control if you have good health habits. These include regular exercise, eating a balanced diet, wearing a seatbelt, and following your doctor's instructions for medications, preventive services, and medical device use. Many studies also show that your mental and physical health improves when you make time regularly to talk with friends and family, even via the internet, and when you pause daily to reflect, meditate, or pray. Low risk means you do many of these already and so have good, healthy habits.
<b>Health Last 4 Weeks</b>	Very Low	Over the past four weeks, your health has been quite good and you have help when needed.

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<b>Incontinence Risk</b>	Low	You are at low risk for incontinence. Incontinence means a lack of control over urination or defecation. Age, having certain diseases, having a family history, being female, or being overweight, make you more likely to be incontinent. If you notice dribbling, sudden urges to go, schedule an appointment to evaluate treatment options.
<b>Assessment</b>	<b>Risk Rating</b>	<b>Comments</b>
<b>Independent Living Risk</b>	Low	[undefined var]
<b>Infectious Disease Risk</b>	Rating Content Infectious]	You are at moderate risk for person-to-person transmitted disease. Because disease can be spread through blood or other bodily fluids, through the air, through pests and parasites, through food and water, or sexually, it is important to be as healthy as possible, and to get your vaccinations. Medicare covers blood testing and vaccinations for communicable disease, and we recommend you take advantage of all of these to assure you stay healthy.
<b>Medication Adherence Risk</b>	Moderate	You are moderate risk because you take less than 6 medications regularly; and either do not always take your medications as directed or are having problems with a medication. Talk with your doctor or pharmacist about ways to make sure you have your medications and can take them as directed.
<b>Medication Misuse Risk</b>	Low	Because you are at a low risk for substance misuse, take steps to ensure your risk remains low, which includes taking all prescription medications as directed and not sharing your prescriptions with others.
<b>Memory Observations by Patient</b>	Low	Normal aging can result in mild forgetfulness: things like taking longer to learn new things or sometimes forgetting to pay a bill. Mild cognitive impairment signs might be: losing things often, forgetting important events or appointments, or having trouble coming up with desired words. Dementia is more significant and can mean loss of function: an inability to think, remember, learn, or behavioral changes that interfere with a person's quality of life. Your risk score is a reflection of your observations about changes you've noticed in the last 5 years. If you were unsure about changes, you have a moderate score, if you are sure you've had changes, a high score. Low score means you haven't noticed any changes. Talk with your doctor when you notice changes so the best treatment plan can be developed for you.
<b>Assessment</b>	<b>Risk Rating</b>	<b>Comments</b>
<b>Memory Impairment Risk</b>	Low	You are at low risk of cognitive impairment. Keep focused on keeping your brain healthy by eating right, exercising, reading, doing puzzles, not smoking, and getting plenty of sleep.
<b>Nutritional Risk</b>	Low	Your risk of malnutrition is low. Nutrition is one of the biggest contributors to our overall health and the one thing over which we may have the greatest control. Continue eating at least 3 meals per day, and assure your diet includes plenty of fruits, vegetables and milk products.
<b>Pain Risk</b>	Low	Your pain is low and has limited interference with your life. We recommend discussing your pain management practices with your doctor to ensure continued quality of life.
<b>Personal Safety Risk</b>	Low	If you, or someone you know, is a victim of abuse, tell someone. Or call 911, talk to any healthcare provider, or call the Eldercare Locator by telephone at 1-800-677-1116.
<b>Self Assessment of Overall Health</b>	Low	You see yourself as having average or above average health and have confidence that you can control and manage health issues that arise, either on your own or with help.



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<b>Assessment</b>	<b>Risk Rating</b>	<b>Comments</b>
<b>Sleep Risk</b>	Low	You are at low risk for sleep problems. Remember, feeling tired or sleepy every day is not a normal part of aging. Getting enough sleep is crucial to good health. If you notice a change in your daytime wakefulness, be sure to talk about your symptoms with your provider.
<b>Social Needs Risk</b>	Low	You have enough money to care for yourself and dependent family members, and are able to pay for necessities like housing, utilities and food.
<b>Tobacco Risk</b>	Low	[undefined var]
<b>Vision Risk</b> If blank, test not done.	Normal	We tested your vision while using corrective lenses to assure you can see well enough to get around and avoid harm. Your corrective vision was in the normal range. We recommend getting a comprehensive eye exam every 1-2 years; and more frequently if you have special risks like diabetes, glaucoma, or previous eye traumas.
<b>Weight Risk (BMI)</b>	Normal	A healthy BMI range is between 18.5 and 24.9. Your BMI is in the normal range.