



Premier Care for Women

Health Care for Women by Women

What is an Annual Well-Woman Exam?

An annual well-woman exam is a routine examination of a female who is, *in general, not having any current health issues*. These routine visits are scheduled separately from a visit to address specific problem health issues.

A routine, annual well-woman exam consists of the following. All items are recorded in the visit notes:

- Measure height
- Record weight
- Take blood pressure
- Update personal and family medical history
- Update surgical history
- Update current medications and medication history
- Update allergies
- Update reproductive history
- Update social history
- Physical exam including but not limited to:
 - Appearance (face, eyes, neck, skin)
 - Breast
 - Abdomen
 - Vagina, urethra, cervix, uterus, ovaries and lymph nodes
- General discussion regarding findings during exam and general counseling about health and well-being
- Pap smear (if needed)
- HPV testing (if applicable)
- Ordering of routine blood work (if applicable)
- Ordering of other routine testing such as bone density study (if needed)
- Refill maintenance medications pertinent to gynecological care and/or change in medications or dosages

We ask that you schedule any visit for a specific health-related problem as a “problem visit” prior to scheduling your visit for an annual exam. There are times when a problem being experienced can obscure some of the testing done at your annual exam, so it is always better to schedule these visits separately, with the problem visit first, to potentially avoid having to repeat tests.

With the new health care laws regarding the coverage of preventive screening, we feel it is important to keep routine preventive screening separate from all other visits. This helps to ensure that accurate adjudication and payment from your insurance company for your routine well-woman visit is obtained and that you receive the full benefit of your plan allowances.

Each person’s insurance plan can be written differently, and comparison of two Blue Cross Blue Shield Plans from two different companies would have different requirements and benefits. For this reason, we encourage all patients to become familiar with your personal plan **BEFORE** coming to the doctor. Familiarity with your personal insurance plan will enable you to make educated financial decisions about blood tests or other testing you may desire and avoid any financial surprises.