



Premier Women's Care

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Well Woman Information Sheet

What is an annual exam?

An annual exam is a once-a-year visit to your primary care provider for a general health check, including a breast exam, pelvic exam, and pap smear. An annual exam does not have to include a pap smear. An annual exam visit does not include discussion of new problems or detailed review of chronic conditions. Annual exams are also called routine check-up, yearly exam, annual pap, and preventive visit.

Please schedule a separate appointment if you have health concerns other than your routine physical exam. Examples are:

- A list of concerns or questions.
- New health care concerns or problems found at the time of your annual exam.
- Ongoing health problems that need more attention.
- Remove or replace and IUD.

What should I expect during my annual exam?

- General physical exam (including breast exam)
- Pelvic exam (pap smear)
- Update of life and work situation
- Update of family health history (any new serious illnesses in your family?)
- Review of your health history
- Update of current medications, herbs, and supplements (bring list)
- Need for medication refills
- Evaluation of need for health screening tests based on age and personal and family history (such as mammogram, test for sexually transmitted diseases, and colon cancer screening)

What happens if you have a new health problem when you come for your annual exam?

Annual Exam appointment times do not allow for both a "Well Woman" and a "Problem Visit", and cause longer waiting times for our patients. However, we understand your desire to take care of your annual exam and any problems you may have in one visit. If you and your doctor decide to discuss your additional or new health concerns during your Well Woman Exam, we will file your Well Woman Exam and the appropriate Evaluation/Management code for the addition of a problem/sick visit. **This may result in an additional copay or co-insurance.** You may also choose to go ahead with your annual exam, and to defer the health concern to another visit.

Insurance Coverage Issues:

Please check your insurance policy to make sure you are covered for yearly preventive medicine visits or women's health pap/pelvic/breast exam. Different insurance policies have different rules for preventive care coverage. Most insurance companies allow for only one annual exam per 12-month period (and some will not pay for a visit even a few days before the year is up).

Medicare Issue:

Medicare covers a pap, pelvic and breast exam every two (2) years, mammograms every year, colon cancer screening, and routine vaccinations.

If **YOU** are considered **HIGH RISK**, Medicare **WILL PAY** for your exam **THIS** year.

Please let Dr Johnson and your nurse know if you are high risk. A special code will be added to your claim.

Medicare defined High Risk Factors are as follows:

- Early onset of sexual activity (under age 16)
- Multiple sexual partners (more than 5 in a lifetime)
- Fewer than 3 negative Pap Smears within the last 7 years
- Have used birth control for more than 5 years
- Fewer than 3 negative Pap Smears within the last 7 years
- History of sexually transmitted disease
- Daughters of women who took DES during pregnancy

Patient's Signature

Date