

Partners in Care Checklist

Members...

Do you have questions about preventive health visits?

A preventive health visit is any medical appointment that helps to prevent and avoid disease. The back of this sheet includes a chart of recommended screenings. Please take this sheet to your preventive health visit and talk to your health care provider about what screenings you may need.

Make the most of your visit by doing the following:

- Be open about your concerns and complaints
- Describe any symptoms you may have
- Bring a list of any allergies you have to medication and food
- Bring a list of any medications you are taking, including over-the-counter pills, supplements, herbs, and inhalers
- Tell your health care provider about the stress in your life
- Ask your health care provider to calculate your body mass index (BMI) for another perspective on your health

Before you leave, make sure you know what you should do next. Ask the following questions:

- What routine screenings are coming up next?
- When are you due back for another health care visit?
- Will someone call you with results of your tests or do you need to call?

If you have questions, call Member Services at **1-866-431-0801** (toll free).

Providers...

Members of PrimeWest Health are encouraged to get a preventive visit within six months of enrollment. Please talk to your patient about what preventive health screenings he/she may need. On the back of this page is a breakdown of the proper coding structure for preventive services. These codes include evaluation and management of individuals, including age- and gender-appropriate history, examinations, and counseling/risk factor reduction interventions.

PrimeWest Health also encourages you to calculate the member's BMI, record it in his/her chart, and discuss the results with the member as appropriate.

Please note, your patient may ask you to sign a gift voucher stating he/she received a preventive health visit from you. Thanks for your cooperation!

This information is available in other forms to people with disabilities. Call PrimeWest Health Member Services at **1-866-431-0801** (toll free), TTY **1-800-627-3529** or **711** (toll free), or through Minnesota Relay Service at **1-877-627-3848** (toll free speech-to-speech relay service).

Recommended Screenings for Women Ages 18 and Over

Screening	18 – 39 years	40 – 49 years	50+ years
<input type="checkbox"/> Physical exam	Every year		
<input type="checkbox"/> Blood pressure	Every year		
<input type="checkbox"/> Clinical breast exam	Every year		
<input type="checkbox"/> Mammography		Every year	
<input type="checkbox"/> Reproductive health	Every 1 – 3 years after 3 normal tests in a row. Discuss with your health care provider.		
<input type="checkbox"/> Colonoscopy			Every 10 years
<input type="checkbox"/> Bone health			After menopause
<input type="checkbox"/> Sexually Transmitted Diseases	Discuss with your health care provider		
<input type="checkbox"/> Body Mass Index (BMI) measure	Every year		

Recommended Screenings for Men Ages 18 and Over

Screening	18 – 39 years	40 – 49 years	50+ years
<input type="checkbox"/> Physical exam	Every year		
<input type="checkbox"/> Blood pressure	Every year		
<input type="checkbox"/> PSA blood test		Every year	
<input type="checkbox"/> Colonoscopy			Every 10 years
<input type="checkbox"/> Bone health			At age 60
<input type="checkbox"/> Sexually Transmitted Diseases	Discuss with your health care provider		
<input type="checkbox"/> Body Mass Index (BMI) measure	Every year		

For Providers

New Patient, Established Patient, and Medicare Initial Preventive Medicine Codes

New Patient Preventive Medicine		Established Patient		Medicare Initial Preventive
CPT Code	Age	CPT Code	Age	HCPCS Code
99385	18 – 39	99395	18 – 39	G0402
99386	40 – 64	99396	40 – 64	
99387	65+	99397	65+	

Member Services 1-866-431-0801 (toll free)

Attention. If you want free help translating this information, call the above number.

Atención. Si desea recibir asistencia gratuita para traducir esta información, llame al número que aparece más arriba.

Ogow. Haddii aad dooneyso in lagaa kaalmeeyo tarjama dda macluumaadkani oo lacag la'aan ah, wac lambarka kore.

ملاحظة: إذا أردت مساعدة مجانية في ترجمة هذه المعلومات، فاتصل على الرقم الموجود أعلاه.

កំណត់សំគាល់ បើអ្នកចង់បានជំនួយបកប្រែព័ត៌មាននេះដោយមិនគិតថ្លៃ សូមទូរស័ព្ទ ទៅលេខនៅខាងលើ។

Pažnja. Ako vam je potrebna besplatna pomoć za prevod ove informacije, nazovite gornji broj.

Ceeb toom. Yog koj xav tau kev pab txhais cov xov no dawb, thov hu rau tus xov tooj saud.

ໂປຼດຊາບ. ຖ້າຫາກທ່ານຕ້ອງການການຊ່ວຍເຫຼືອໃນການແປຂໍ້ຄວາມດັ່ງກ່າວນີ້ພຣີ, ຈົ່ງ ໂທຫາຕາມເລກໂທທີ່ຢູ່ຂ້າງເທິງນີ້.

Hubaddhu. Yoo akka odeeffannoon kun sii hiikamu gargaarsa tolaa feeta ta'e, lakkoofsa armaa olii bilbili.

Внимание. Если вам нужна бесплатная помощь в переводе этой информации, позвоните по указанному выше телефону.

Chú Ý. Nếu quý vị cần dịch thông tin này miễn phí, xin gọi số nêu trên.