

A well woman exam is a special visit specifically reserved for you and your medical provider to review elements of your reproductive health and to screen for certain diseases including cervical and breast cancer. Insurance companies usually allow a well woman exam once every 12 months at no charge to you. The reason that insurance companies do this is that often times there are serious conditions that are missed as we in medicine tend to always be focusing on known diseases or illness and not on prevention. These missed conditions result in much higher treatment costs to you and the insurance company down the road if left untreated. The insurance company therefore sees this as a cost effective approach to limiting the ever growing cost of healthcare. We at Complete Care Medicine agree with this and therefore embrace the idea of a visit solely dedicated to prevention and screening. A well woman exam consists of the following items based on your age and risk factors:

Screening questions to identify if you are at risk for

- Osteoporosis
- STD's
- Breast Cancer
- Cervical Cancer

We also offer guidance and counseling for:

- Birth Control
- Immunizations
- Menstrual Irregularities
- Menopause

Once these questions have been asked, appropriate screening tests will be ordered based on prevailing recommendations and your risk factors.

A breast exam, pelvic exam and pap smear are also performed when indicated.

If there are **other** concerns outside of these (i.e. discussion of chronic conditions like high blood pressure, diabetes, low back pain or any acute illnesses that you may be experiencing), the insurance company considers this a normal visit and either requires another appointment be made to address these issues or if the provider has time they can be addressed at the same office visit at which time a co-pay/deductible may be required and an additional office visit billed on top of the physical. It is considered insurance fraud for us to bill a normal visit as a well woman exam and therefore we cannot do that. If you are unsure if something is part of the free well woman exam, please be sure to ask your provider.