

Checking In on the Annual Check-up

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- WHY BOTHER WITH AN ANNUAL PHYSICAL
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A BRIEF HISTORY OF THE ANNUAL PHYSICAL

History of the Annual Physical

- **1940s:** Annual physical becomes routine
- **1980s:** Medical organizations recommend annual exam be "tailored" to patient age, history and complaints
- **2010s:** Medicare begins coverage for "preventive" office visits

DEFINITIONS

Definitions

- Regular (usually annual) visit with a primary care doctor who takes a complete history and performs a complete physical exam
- Comprehensive physical exam
- Annual physical
- Annual Wellness Visit (Medicare)

**WHY SHOULD YOU EVEN
BOTHER WITH AN
ANNUAL PHYSICAL?**

Why Bother with an Annual Physical?

- Limited data to suggest measureable benefit
- Doctor-Patient relationship
- Unlikely to be studied further

**WHAT SHOULD YOU DO
BEFORE THE ANNUAL
PHYSICAL?**

Before the Annual Physical

- Make a list of all your questions
- Make a list of all your medications
- No major temporary lifestyle changes
- Blood work

**WHAT SHOULD YOU ASK
AT THE ANNUAL
PHYSICAL?**

Questions at the Annual Physical

- Your list of questions
- Medication refills

**WHAT SHOULD YOU
EXPECT TO HAPPEN AT
THE ANNUAL PHYSICAL**

At the Annual Physical

- History
- Physical Examination
- Vaccinations
- Tests scheduled
- None of the above
 - Medicare AWWs don't "cover" any touching other than height, weight, BP & "simple" vision test

At the Annual Physical

- Female adult < 65 years old
- Male adult < 65 years old
- Female adult 65 years old +
- Male adult 65 years old +

Procedures^

Alcohol use discussion	Domestic violence screening
Aspirin use discussion	Lung cancer screening
Blood pressure reading	Obesity screening
Breast cancer (BRCA) risk assessment	Osteoporosis screening
Mammogram	Statin use discussion
Pap Smear every 3-5 years	Tobacco use discussion
Colon cancer screening	TB screening
Depression screening	Syphilis & STI screening
Diabetes screening	
Diet & Exercise discussion	
Hepatitis C virus screening	
HIV screening	

**FEMALE < 65
YEARS OLD***

*Based on US Preventive Services Task Force A & B recommendations

^Not every procedure is recommended for all persons in the age/gender category

Procedures^

Alcohol use discussion	Tobacco use discussion
Aspirin use discussion	TB screening
Blood pressure reading	Syphilis & STI screening
Colon cancer screening	
Depression Screening	
Diabetes screening	
Diet & Exercise discussion	
Hepatitis C virus screening	
HIV screening	
Lung cancer screening	
Obesity screening	
Statin use discussion	

**MALE < 65
YEARS OLD***

*Based on US Preventive Services Task Force A & B
recommendations

^Not every procedure is recommended for all persons in
the age/gender category

Procedures^

Alcohol use discussion	Obesity screening
Blood pressure reading	Osteoporosis screening
Breast cancer (BRCA) risk assessment	Statin use discussion
Mammogram	Tobacco use discussion
Colon cancer screening	TB screening
Depression Screening	Syphilis & STI screening
Diabetes screening	
Fall prevention discussion	
Diet & Exercise discussion	
Hepatitis C virus screening	
HIV screening	
Lung cancer screening	

**FEMALE 65+
YEARS OLD***

*Based on US Preventive Services Task Force A & B recommendations

^Not every procedure is recommended for all persons in the age/gender category

Procedures^

Abdominal Aortic Aneurysm (AAA) screening (selected)	Statin use discussion
Alcohol use discussion	Tobacco use discussion
Blood pressure reading	TB screening
Colon cancer screening	Syphilis & STI screening
Depression Screening	
Diabetes screening	
Fall prevention discussion	
Diet & Exercise discussion	
Hepatitis C virus screening	
HIV screening	
Lung cancer screening	
Obesity screening	

**MALE 65+
YEARS OLD***

*Based on US Preventive Services Task Force A & B recommendations

^Not every procedure is recommended for all persons in the age/gender category

**WHAT SHOULD YOU
EXPECT TO HAPPEN
AFTER THE ANNUAL
PHYSICAL?**

After the Annual Physical

- Scheduled test results
- Appropriate follow up based on findings and results

QUESTIONS