

your doctor or other qualified health care provider accepts Assignment. The Part B deductible doesn't apply.

However, you may have to pay coinsurance, and the Part B deductible may apply if:

- Your doctor or other health care provider performs additional tests or services during the same visit.
- These additional tests or services aren't covered under the preventive benefits.

What a Wellness Visit Is

This plan is designed to help prevent disease and disability based on your current health and risk factors. Your provider will ask you to fill out a questionnaire, called a "Health Risk Assessment," as part of this visit. Answering these questions can help you and your provider develop a personalized prevention plan to help you stay healthy and get the most out of your visit. It can also include:

- A review of your medical and family history.
- Developing or updating a list of current providers and prescriptions.
- Height, weight, blood pressure, and other routine measurements.
- Detection of any cognitive impairment.
- Personalized health advice.
- A list of risk factors and treatment options for you.
- A screening schedule (like a checklist) for appropriate preventive services. Get details about coverage for screenings, shots, and other preventive services.
- Advance care planning



More Food for Thought for the New Year

from happsters.com

Live in the moment
 Start each day with gratitude
 Laugh more
 Create meaningful relationships
 Meditate
 Focus on the positive
 Believe it will all fall into place
 Stick to your goals
 Be generous
 Choose happy

The Dangers of Ignoring Cataract Symptoms

Delaying Treatment of Advanced Forms of the Common Eye Disease Can Increase Risk of Permanent Blindness and Injury. The American Academy of Ophthalmology urges seniors and their caregivers to be aware of the dangers of ignoring the symptoms of cataracts, a leading cause of visual impairment that will affect more than half of all Americans by the time they are 80 years old. Delaying diagnosis and treatment of age-related cataracts can increase seniors' risk of permanent blindness and can lead to both physical and psychological damage.

Cataracts are caused by the clouding of the lens of the eye and are most common among older adults as the condition develops as the eye ages. Many seniors cope with cataracts — accepting vision loss as an inevitable part of the aging process rather than seeking medical treatment. Due to the incapacitation caused by blurred vision, leaving cataracts undiagnosed and untreated can lead to physical danger such as injuries from falls or running into unseen objects, as well as psychological harm like