



What to Expect at your Annual Well-Woman Exam

The annual well-woman exam is an essential part of your ongoing health maintenance. Despite changes in recommendations for certain tests, such as Pap tests, a regular annual exam is strongly recommended. Many health insurance companies will cover most, if not all, of the charges associated with this type of visit, with little or no co-pay on your part. Please check with your insurance company to determine how your visit will be covered.

A normal annual well-woman exam includes the following:

- Overall assessment of:
 - Health status and physical activity
 - Menstrual/contraceptive status
 - Sexual health and sexual activity
 - Tobacco, alcohol and drug use
 - The need for periodic health screening tests (examples: Pap test, cholesterol, mammograms)
 - Discussion of specialty-appropriate medications and refills
- A gynecologic-oriented physical exam, including:
 - Height
 - Weight
 - Body Mass Index (BMI)
 - Abdominal exam
 - Breast exam
 - Pelvic exam
- Other tests/exams that may be performed:
 - Vaccinations for flu, human papillomavirus (HPV)
 - Chlamydia and gonorrhea
 - HIV testing for sexually active adolescents and adults

Important Note:

The intent of the annual well-woman visit is for **routine** health maintenance. The assumption is that you do not have specific medical problems or conditions. If you wish to discuss additional issues, please let the Front Desk know so they can schedule additional time for this.

If you are evaluated for a **problem-oriented** issue by your provider (e.g., infections, sexual dysfunction, abdominal bleeding, back pain, sleeping problems), you or your insurance may be billed separately and in addition to your well-woman visit since problem-oriented visits usually necessitate a separate office visit. Depending on your insurance, you may be responsible for additional fees for the problem-oriented portion of your visit. Please review your insurance coverage for information on what is covered as part of your visit.

If you have any questions, please call us – Thank you for choosing Denali OB-GYN Clinic!