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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 the Pap test, a regular annual exam is strongly recommended. Most 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.

What things are normally considered to be part of an annual well-woman exam:

- Overall Assessment of:
 - Health Status
 - Menstrual/contraceptive status
 - Physical Activity
 - Sexual practices
 - Tobacco, alcohol and drug use
 - The need for periodic health screening tests (e.g., Pap Test, cholesterol, mammograms)
 - Discussion of specialty-appropriate medication refills
- A gynecologic-oriented physical exam, including:
 - Height
 - Weight
 - Body Mass Index (BMI)
 - Blood Pressure
 - Abdominal exam
 - Breast exam
 - Pelvic exam
 - Heart and Lung evaluation
- Other tests/exams that may be performed:
 - Vaccinations for Hepatitis A & B and Human Papillomavirus (HPV)
 - Chlamydia and Gonorrhea
 - HIV testing for sexually active adolescents and women

Any labs that are ordered for you today are billed separately by the lab company. The labs may or may not be covered by your insurance. These labs may include ordering a GEN PROBE for Chlamydia or Gonorrhea or for HPV typing. These can be costly to you if they are not covered by insurance. You will receive a separate invoice from the lab for any balance on tests not covered by your insurance policy.

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 receptionist know so they can schedule additional time for this discussion. Additionally, you may need a referral from your primary care physician prior to addressing any problems.

If you discuss a problem-oriented issue with your doctor (e.g., 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. In this case, your insurance company may apply a co-pay 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 at (850) 877-7241.

Please sign below when you have read and understood this form.

Signed: _____ Date: _____