

Physical Exams at Whidbey Community Physicians

You, or a family member, have been scheduled for a "physical exam" with one of the providers at Whidbey Community Physicians. We recommend you have a physical exam done annually. Your insurance company may have other guidelines.

Physical exams are considered preventive care which many insurance companies do not pay for. Everyone has a different definition of what a "physical" or "physical exam" is. A "physical" and a "check-up" are not always the same thing.

This brochure lists what WCP providers do for a "physical". If our description does not match what you feel you need, contact us to make an adjustment to your appointment.

Each provider may perform an exam differently depending on what he or she feels is most appropriate for you.

Name _____

Appointment Date & Time

- Female "annual" exam:**
 - Assessment of state of health
 - General review of all body systems
 - Pelvic and breast exam
 - Tissue sample for pap smear *
 - Discuss wellness concerns such as diet, exercise, tobacco use, alcohol intake
 - Renew ongoing prescriptions

- Male "annual" exam:**
 - Assessment of state of health
 - General review of all body systems
 - Prostate, hernia exam
 - Discuss wellness concerns such as diet, exercise, tobacco use, alcohol intake
 - Renew ongoing prescriptions

- "Physical exam":**
 - Same as Female/Male "annual" exam

- Pap/breast exam or prostate exam:**
 - Exam of specific body area only
 - Brief site-specific assessment of state of health
 - Brief site specific discussion of wellness issues

- Well child check (exam):**
 - Assessment of state of health-specific to age of child
 - General review of all body systems
 - Review of immunization status

- Review of developmental mile-stones and safety concerns

- Occupational Health exams:**
 - DOT - Department of Transportation - exam is specific to DOT. Physician completes DOT form to report findings of exam.
 - Any physical assessment exam required by a person's workplace - results are forwarded to the patient's employer.

- Sports physical:**
 - Required by schools prior to allowing children to participate in sports programs
 - Brief assessment of current state of health to determine if any problem exists that would make participation in sports programs hazardous for the child
 - Requires school form to be completed by physician
 - Not a Well Child Check
 - Requires simple blood and urine test

* May have additional fees from Dynacare or Whidbey General Hospital for processing lab.

Some insurance companies will pay for "physicals", some will not.

Some will pay for Well Child Checks up to two years of age, including immunizations, and some will not.

Make sure you know the date of your last exam. Any physical exam performed prior to that date will not be covered. Most companies require that an entire 366 days pass prior to paying for another "physical".

Some companies will pay for a pap/breast exam but not a "physical". Others will pay for a prostate/hernia check, but not a "physical".

*Few insurance companies pay for school sports physicals or occupational physicals.

If you have Medicare, you may be responsible for the full amount of the bill for your "physical exam" (unless you have a secondary plan). Medicare does not pay for "physicals" or "well person" care, but will pay for a pap/breast exam every second year (unless high risk).

***When combining a DOT and "physical" exam, your bill will include a \$25 form fee. Insurances will not pay for this form fee and it is the responsibility of the patient.

It is very important that you know the rules and limits of your health care plan. The patient is ultimately responsible to know what their plan will or will not pay for. Your provider does not know what your specific plan covers. Please read this brochure carefully and contact your insurance company for clarification of what costs you may be responsible for.

****Charges are specific to the type of service provided. Please call our office if you need more information concerning the cost of the visit.**

Whidbey Community Physicians

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