

Date: December 29, 2023

To: All WellSense Providers

From: WellSense Health Plan

Subject: **Get a jump start on patient care: Complete annual member wellness visits this quarter**

Product: MassHealth Clarity plans (formerly QHP) Senior Care Options

Get a Jump Start on Patient Care: Complete Annual Member Wellness Visits this Quarter

Annual wellness visits give primary care providers the opportunity to develop personalized health plans for their patients, address acute and chronic conditions and prevent disease or disability. These visits focus on the member's current health and risk factors and can identify previously unrecognized diagnoses. Annual wellness visits are also a great time to address general wellness topics appropriate to the patient's age and condition. Below are some useful tips and resources for getting the best of out of these important primary care encounters.

What to cover in an annual wellness visit

- Routine measurements and vitals
- Medical and family history
- Current prescriptions
- Personalized health advice
- Advanced-care planning
- Social determinants of health

Potential conditions for referrals

- Nutrition
- Depression
- Fall prevention
- Tobacco cessation

Helpful resources

- [Adult Preventive Care Guidelines from MHQP](#)

Provider Communications

Massachusetts



- [Additional guidelines, programs and tools](#) to assist you in delivering the best possible care to your patients

Questions?

Contact your Provider Relations Consultant for a list of WellSense members on your panel with whom you'd like to schedule an annual wellness visit.