

Preventative vs Routine

What's the Difference?

	Preventative Visit (Physical)	Routine Office Visit
What is it?	Review of general health and well being to identify potential health problems in the early stages when they may be easier and less costly to treat	Treatment and management of new or existing health conditions or symptoms
What does it include?	Review of your medical, social and family history Review of your medications, allergies and immunizations A general physical exam Focuses on diet, exercise and screening tests Counseling and risk factor reduction interventions Age/gender appropriate Screening tests and labs are ordered to find out if you have a condition Mammogram for breast cancer Colonoscopy for colon cancer Blood sugar for diabetes Once you have been diagnosed with a condition you are no longer screened . You will be treated and managed for the condition which may require routine visits (see next column)	Physical exam focused on symptoms Provider may then prescribe medication, refill medication, order additional tests, lab or x-ray, refer you to a specialist or discuss other treatment options Preoperative clearance exam Diabetes follow up Blood pressure follow up Sick visit Any acute visit
How much will it cost?	Insurance often covers preventative visits at no charge, but not always . It is the patient's responsibility to find out if preventative physicals are covered on your policy and how often.	Depending on your insurance coverage, deductible, or co-payments, a routine office visit usually involves some cost to you

A preventative visit and routine office visit can **often** be done on the same day **based on the above**