

***Insurance Coverage:***

For Medicare subscribers, Medicare does not cover routine/preventive type services. For other insurances, you may refer to your benefits book or your insurance customer service representative at the phone number listed on the back of your insurance member card.

Patients often have questions regarding insurance coverage for preventive visits. If your questions are not answered with this brochure, please feel free to call our insurance department at 320-763-2551.

*For more information on services that are based on age and gender please see the following web sites:*

<http://www.guidelines.gov>

[www.icsi.org](http://www.icsi.org)

***Thank you allowing the  
Alexandria Clinic to care for you  
and your family.***



**We are dedicated to  
providing  
preventive,  
interventional, and  
supportive services  
in the most  
compassionate,  
thoughtful and  
efficient manner.**

**The Alexandria Clinic, P.A.  
is working to help educate  
and remind our patients of  
the best way to identify  
and optimize potential  
healthcare issues by  
providing care based on  
nationally accepted  
guidelines.**

**Health**

**Maintenance**

**Physical**



**Alexandria Clinic, P. A.**

**610 30<sup>th</sup> Ave W**

**Alexandria MN 56308**



**Thank you for  
scheduling your  
Health Maintenance  
Physical with the  
Alexandria Clinic, P.A.**

## ***Understanding Health Maintenance Physicals***

*Health maintenance physicals are considered preventive visits. Depending on your age and gender your examination may include the following:*

- *Complete medical history*
- *Weight, height, blood pressure and pulse*
- *Physical Exam including a breast and pelvic exam for women*
- *Physical Exam including a prostate exam for men*
- *Medication review –please bring your medication bottles to your appointment*
- *General wellness counseling*
- *Allergies/adverse drug reactions review*
- *Tobacco and alcohol screenings/discussions*
- *Weight control and exercise review*
- *Immunization review*

*Other services your provider may recommend include:*

- *Aspirin and calcium counseling*
- *Mammography*
- *Chlamydia screening and pap smear screening*
- *Cholesterol screening*
- *Colorectal cancer screening/discussion*
- *Prostate screening*
- *Vision and hearing screening*

*A preventive service charge includes review of any stable and chronic conditions that do not require any additional work-up or treatment modification.*

*During your visit, your provider may need to work-up and/or treat a condition that is new to them or an established condition that is requiring modifications. If additional work-up or treatment occurs, the Alexandria Clinic is legally required to submit the bill to the payer using accurate information to reflect the services received and the corresponding reason for the service or diagnosis.*

*The charges will be broken down between:*

- *Your preventive visit relating to your overall health and well- being*
- *Your problem-oriented examination, addressing questions and additional examination related to the history of your problem or illness*
- *Labs done as a part of your preventive visit to screen for health conditions will be billed using a diagnosis of screening. If you have been diagnosed with an illness or chronic disease they will be billed using a diagnosis for the illness or chronic disease.*

*Department of Transportation (DOT) and Flight physicals:*

*If you are here for a physical to fulfill the requirements of licensing or a job such as a DOT or Flight physical, a complete health maintenance examination is not done at these visits.*

*These physicals do not include:*

- *A full review of family and social history*
- *Gender/age related exams and screening*
  - *Breast exam/ breast cancer screening*
  - *Chlamydia screening and pap smear screening*
  - *Cholesterol screening*
  - *Colorectal cancer screening/discussion*
  - *Prostate screening*

*If you would like a complete health maintenance examination at the same time please call to schedule additional time for your appointment.*

Alexandria  
1-320-763-5123 or  
1-800-646-4220  
Osakis  
1-320-859-3038 or  
1-800-989-3038