**What is an Annual Exam?**

An Annual Exam is a once-a-year visit for a routine physical exam, including a breast exam and pap smear. An Annual Exam visit **does not include** discussion of new problems, detailed review of chronic conditions or new/renewal of prescriptions. Annual exams are also called routine check-up, yearly exam, annual pap, and preventive visit.

Please understand **if you have any** **health concerns** other than your routine physical exam, Dr. Smith will gladly discuss them with you but it will not be a part of your Annual Exam and your insurance will be billed accordingly. And since your visit will not be considered an Annual Exam you will be expected to pay your co-pay or co-insurance due for the visit.

***What you should expect during your Annual Exam:***

* General physical exam (including breast exam)
* Pelvic exam (pap smear)
* Update of life and work situation
* Update of family health history (any new serious illnesses in your family?)
* Review of your health history
* Update of current medications, herbs, and supplements (bring list)
* Evaluation of need for health screening tests based on age and personal and family history (such as mammogram, test for sexually transmitted diseases, and colon cancer screening)
* Update on immunizations, including HPV vaccination

***What is NOT covered under your Annual Exam***:

* A list of concerns or questions e.g. common gynecology problems: menstrual problems (heavy or irregular, painful periods); pain with sexual intercourse; birth control issues; abnormal vaginal discharge.
* New health care concerns or problems **found** at the time of your annual exam.
* Ongoing health problems that need more attention.

***Recommendations***:

\*Age 40-50- Vitamin D, 2000 units daily, 1200 mg Calcium Daily, Mammograms yearly.

\*Age 50-55- Vitamin D, 2000 units daily, 1200 mg Calcium Daily, Mammograms yearly, Baseline Bone Mineral Density Screening, and a Colonoscopy every 5-10 years, considering your GI recommendations.

\*Age 55-Above- Vitamin D, 2000 units daily, 1200 mg Calcium Daily, Mammograms yearly, Bone Mineral Density Screening every other year, and a Colonoscopy every 5-10 years, considering your GI recommendations.