



Annual Wellness Visits

Better health, one step at a time.

Why Wellness?

Preventive care and wellness is what we do to prevent, delay or mitigate disease or other medical problems. Preventive care proactively identifies future health risks to try and resolve them before they become a problem.

About Your Visit

Medicare and most private insurers now cover an annual wellness visit where you will discuss your health history and schedule or perform preventive wellness services based on your individual needs. If you were given this pamphlet, we have determined that you may benefit from an annual wellness visit.

What is the Cost?

Medicare, and many private insurers, pay the entire cost of your annual wellness visit without any co-pays or out-of-pocket expense.

Depending on your visit, we may recommend other services that do have co-pays or other out-of-pocket expenses. These services are considered separate from your wellness visit, and you will be able to ask questions about their cost to you prior to them being conducted.

What other preventive services may I qualify for?

If you are enrolled in Medicare, you are covered for many preventive services, many with no co-pay or other out-of-pocket expense. These include:

- Bone Mass Measurements
- Cardiovascular Disease Screenings
- Cancer Screenings (Colorectal, Prostate, Lung, etc)
- Counseling (Tobacco, Alcohol, Obesity, etc)
- Vaccinations (Pneumonia, Influenza, etc)
- and more...

Before your Visit

You can expect:

- During your annual wellness visit, we will gather information about your unique health situation. We will discuss what medical problems you may have, which ones you may need to watch for, and how we can work to prevent them.
- You may be given some preventive care, such as a review of your medical history and counseling, but you will not be given a physical exam unless we have informed you otherwise.
- When we are finished with your visit, you will be given an individualized plan to take home that outlines recommendations for further preventive services and lifestyle changes that may be beneficial for you.

What to Bring:

It is important that you bring enough information to your visit so that we can best understand your unique health situation.

Any medical records or immunization records you have.

Any family health history you may have, especially including family within two generations of you.

A complete list of medications you take, including supplements.

A list of other healthcare providers that are currently involved in your care.

Any questionnaires given to you or other information requested by your doctor.

You can find the complete list of Medicare covered services at www.medicare.gov/coverage

Most private insurances have coverage that closely mirrors Medicare. You can usually find your coverage by searching your insurers name and “preventative services.”

About Adapt Integrated Health Care

Adapt is an Oregon leader in primary care, addiction treatment, mental health care and prevention services.

For over 50 years, Adapt has provided the highest quality care to individuals and families struggling with substance use and behavioral health disorders.

Our clinicians rely on the most current evidence-based treatment practices and are committed to excellence and high-quality care.



Affordable Care

Adapt is a preferred provider for most major insurance plans and we work with Coordinated Care Organizations to provide quality care for Oregon Health Plan and Medicare members.

No one is turned away due to inability to pay.

For un-insured patients, we offer a sliding scale discount based on family/household size and net income.

Our experienced intake team will work with you and your medical provider to identify your treatment needs, explore treatment options and assist with referrals and authorizations to help you get the care you need when you need it.

Contact Us Today!

Our experienced staff is available to assist you 24 hours a day, 7 days a week.

Curry County 877-408-894
615 5th St. Brookings, OR 97415

Coos County 541-751-0357
400 Virginia Ave. North Bend, OR 97459

Douglas County 541-672-2691
621 W. Madrone St. Roseburg, OR 97470

Josephine County 541-474-1033
356 NE Beacon Dr. Grants Pass, OR 97526

If you or someone else are in need of immediate Mental Health crisis assistance, our Crisis Services line is open 24/7.

24/7 Mental Health Crisis Line • 1-800-866-9780

P.O. Box 1121, Roseburg, OR 97470 • adaptoregon.org • 541-672-2691