



**Beartooth
Billings Clinic**

Real people. Exceptional care.

Healthy Aging Series

Primary Care and Preventive Health

Today's Speakers

Dr. Greg Burfeind



Cody Osborne, ATC, MHA



Primary Care and Why It Is Important

- ▶ Primary Care Provider (PCP) - a physician, nurse practitioner, or physician assistant who practices general medicine.
- ▶ Senior primary care focuses on improving overall health and well-being, which can lead to improved quality of life.
- ▶ Regular check-ups and screenings can help identify health issues before they become severe, and chronic condition management can help reduce symptoms and improve quality of life.



Medicare Annual Wellness Visits *Initial and Annual*

- ▶ Focused on preventive care, health screenings and wellness planning
- ▶ Opportunity to have a conversation with your doctor about your overall health status and goals - then create a long-term plan to help you meet those goals and maximize your well-being
- ▶ Everyone enrolled in Original Medicare or Medicare Advantage is eligible for an annual wellness visit at no additional cost
- ▶ You may have to pay coinsurance, and the Part B deductible may apply if your doctor or other health care provider performs additional tests or services during the same visit that Medicare doesn't cover under this preventive benefit



Initial Preventative Physical Exam

“Welcome to Medicare” preventative visit

- ▶ Medicare pays for 1 IPPE per lifetime in first 12 months of coverage
- ▶ Your visit includes review and discussion of:
 - ▶ Past medical and surgical history
 - ▶ Current medications, supplements, and other substances the person may be using
 - ▶ Family history review
 - ▶ Physical activities
 - ▶ Social activities and engagement
 - ▶ Diet
 - ▶ Alcohol, tobacco, and illegal drug use history
 - ▶ Depression screening
 - ▶ Functional ability and safety
 - ▶ Height, weight, BMI, blood pressure, balance and gait
 - ▶ Vision test
 - ▶ End of Life planning
 - ▶ A once-in-a-lifetime screening electrocardiogram (ECG), as appropriate
 - ▶ Referrals to other covered preventative services

Medicare Annual Wellness Visit



- ▶ **Different than a Routine Physical Exam**
 - ▶ Visit to develop or update a personalized prevention plan and perform a health risk assessment
- ▶ Covered once every 12 months
- ▶ Patients pay nothing
- ▶ Your visit includes review and discussion of:
 - ▶ “Health Risk Assessment”
 - ▶ Routine measurements (like height, weight, and blood pressure)
 - ▶ A review of your medical and family history
 - ▶ A review of your current prescriptions
 - ▶ Personalized health advice
 - ▶ Advance care planning
- ▶ **Does NOT COVER:**
 - ▶ Physical exam
 - ▶ Existing medical diagnoses
 - ▶ Management of chronic medical conditions (diabetes, hypertension, etc.)



Vision Exam

- ▶ Risk for eye concerns such as cataracts and glaucoma increases
- ▶ Schedule an eye exam every one to two years
- ▶ Your provider may recommend more frequent eye exams if you have vision problems or glaucoma risk.
- ▶ Have an eye exam that includes an examination of your retina (back of your eye) at least every year if you have diabetes.



Hearing Exam

- ▶ Comprehensive hearing exams are performed by audiologists
- ▶ Have your hearing tested if you have symptoms of hearing loss
- ▶ If there is a significant decline in hearing, a doctor may suggest hearing aids.

Blood Pressure Check

- ▶ Hypertension (high blood pressure) is common among older adults
- ▶ With aging, arteries change and become stiffer
- ▶ If hypertension goes untreated, it can lead to strokes, heart attacks, and heart disease
- ▶ Typically, blood pressure is checked at almost every appointment, even if it's just a simple check-up visit.
- ▶ Have your blood pressure checked at least once every year.





Breast cancer screening

- ▶ The risk for breast cancer is higher among older women.
- ▶ Women may do a monthly breast self-exam. However, experts do not agree about the benefits of breast self-exams in finding breast cancer or saving lives. Talk to your provider about what is best for you.
- ▶ Your provider may do a clinical breast exam during your preventive exam.
- ▶ Women aged 40 - 74 should have a mammogram every year or every other year.
- ▶ Women over age 74 should discuss a personalized breast cancer screening plan with their PCP.

Cervical cancer screening

- ▶ After age 65, most women who have not been diagnosed with cervical cancer or precancer can stop having screening tests, as long as:
 - ▶ They have had 3 consecutive negative Pap test results or 2 consecutive negative PAP and HPV tests results within 10 years
 - ▶ The most recent test occurred within 5 years





Bone Density Scan

- ▶ A bone density scan is a significant health screening because it can show your strength and thickness of your bones.
- ▶ This is critical because it can show signs of osteoporosis. Osteoporosis is the cause of many fractures among older adults, especially in the hips and spine.
- ▶ All women age 65 or older should have a bone density test (DEXA scan).
- ▶ Some people with risk factors for osteoporosis should have a DEXA scan at a younger age.
- ▶ Ask your provider which exercises, or other interventions can help prevent osteoporosis or bone fractures.



Prostate cancer

- ▶ For men aged 50 to 74 years, the decision to undergo periodic prostate-specific antigen (PSA)-based screening for prostate cancer should be individualized.
- ▶ Before deciding whether to be screened, men should have an opportunity to discuss the potential benefits and harms of screening with their PCP and to incorporate their values and preferences in the decision.

Colorectal cancer screening

- ▶ Colorectal cancer is more common among older adults.
- ▶ Screening for colorectal cancer in adults at average risk is recommended starting at age 45. Appropriate timing to stop screening should be discussed with your PCP.
- ▶ Individuals with certain conditions or a family history of colorectal cancer may be recommended to start screening earlier.
- ▶ There are multiple screening options including colonoscopy, sigmoidoscopy, fecal occult blood testing, fecal DNA testing, and CT colonography.





Abdominal aortic aneurysm screening

- ▶ Men aged 65 to 75 years who have smoked more than 100 cigarettes in their lifetime
- ▶ Men aged 65 to 75 with family history of abdominal aortic aneurysm in a first degree relative.
- ▶ One-time screening with ultrasound

Screen for Prediabetes or Type 2 Diabetes

- ▶ The American Diabetes Association recommends universal screening for prediabetes and diabetes, for all adults 45 years or older, regardless of risk factors
- ▶ Screening is recommended for adults who are overweight or obesity (BMI ≥ 25 or ≥ 23 in Asian American persons) with 1 or more risk factors, regardless of age
- ▶ If the results are normal, it is recommended to repeat screening at a minimum of 3-year intervals.





Vaccinations

- ▶ Important to prevent illnesses, especially in older adults
- ▶ There are multiple vaccinations you should consider receiving to help protect your health.
 - ▶ COVID-19
 - ▶ Influenza (flu)
 - ▶ Shingles
 - ▶ Pneumococcal conjugate vaccine (PCV20)
 - ▶ Tdap (tetanus, diphtheria, and pertussis)
 - ▶ RSV (respiratory syncytial virus)

Integrated Behavioral Health

- ▶ A team, or collaborative approach to address and manage behavioral health needs
- ▶ Your social worker and/or therapist will work with you to establish personal goals, check in with you regarding your progress and provide ways to address your concerns.
- ▶ Psychiatric consultation is available to advise your care team about diagnostic questions or treatment options
- ▶ Integrated Behavioral Health is not long-term counseling, but short, focused treatments to help you with your current symptoms and concerns. Treatment is symptom specific, tailored to your needs, and may include:
 - ▶ Brief Check-Ins
 - ▶ Talk treatment- cognitive behavioral therapy (CBT), motivational interviewing, behavioral activation, problem-solving treatment, goal setting, coping skills
 - ▶ Available in-person or telehealth

Questions and discussion

