

Main Street Medical

Explanation of Medicare Physicals

Patients frequently ask about “Medicare Physicals” or “Physicals.” Medicare offers two different types of “physicals” to its enrollees that are described below. The first two listed below are usually “covered” by Medicare. Medicare does not usually “cover” a routine physical such as that described below as the “Main Street Medical Routine Medicare Physical.” The last one is what includes what most people expect in their “routine physical.” As they are not “covered” by Medicare, Main Street Medical reduces the rates to make the physical more affordable to its patients.

Physical Descriptions

New to Medicare Physical:

Within the first year of qualifying for Medicare, a complete physical with the physician including a screening EKG, screening pap test and pelvic exam, urinalysis and select screening blood tests including: Glucose and PSA. Refer patient to other specialists if other screening exams are deemed necessary.

Medicare Annual “Wellness” Exam:

Record the patient’s height and weight to get the BMI calculation as well as record the blood pressure. The doctor reviews with the patient their medical and family history, medication history, establish a list of current providers and suppliers of medical care, assess mental health conditions including a depression screening, review of functional ability and level of safety, and detection of any cognitive impairment. Referrals and recommendations are made for the patient at the end of the appointment.

Main Street Medical Routine Medicare Physical:

A complete physical includes a full history and physical exam by the physician, discussion of current medications, family history, a screening EKG, chest-ray, and recording of all vitals including height, weight, BMI, and blood pressure. A fecal occult blood test, urinalysis and blood work is also done including: TSH (thyroid), CBC (red and white blood cells), CMP (metabolic profile), Lipid Panel (cholesterol and triglycerides), and PSA (prostate cancer screen). A pap test and breast exam is also done as recommended by the physician. Schedule further testing, if deemed necessary by the ordering physician. The estimated cost is approximately \$180-\$300 not including the blood work that the lab bills separately.