



513 W Broad St, Suite 100  
Falls Church, Virginia 22046  
Tel: 703-940-0000  
Fax: 703-533-0321

Philip J. O'Donnell, MD  
Litza Amurrio Sejas, MS, PA-C

### Notice Regarding Physical Exams

This notice is to make patients aware of our policies regarding preventative health services, such as yearly physicals and well-visits.

#### Preventive Services

You have scheduled an annual exam, well-visit, or physical for today. Your insurance company may call this visit 'preventative', 'yearly' or 'annual'. Please take a moment to read the remainder of this notice.

Due to national coding laws, we must bill your insurance company for your exam today as a preventative care visit. If, during your visit, you have additional concerns or conditions that require diagnosis and treatment, you may incur additional office or lab charges. These charges will be submitted to your insurance company as well as the preventative visit. If your insurance company does not cover some or all of the charges, you will be billed for the balance your insurance company indicates as patient responsibility. Please do not ask us to re-bill by changing a procedure or diagnostic code. By asking this of your provider, you are asking him/her to commit insurance fraud.

Please be aware of your insurance coverage and benefits. If preventative care coverage is not part of your insurance benefits, we may ask for payment at the time of service. If you are experiencing financial hardship, we can assist you with payment options. Insurance plans do not cover DOT (Department of Transportation) exams or most other exams done purely for administrative purposes, such as immigration/emigration, adoption, college entrance, and others. In certain cases, those forms may be completed as a part of a routine physical examination, but not always. Please ask your provider if you have any questions.

#### Frequently Asked Questions

- What is the definition of a routine preventative exam?  
A routine preventative exam is technically defined as periodic comprehensive preventative medicine evaluation and management, and includes the following: Past medical, social, and family history; Immunizations; Complete physical exam and review of body systems; Counseling/ anticipatory guidance/ risk reduction interventions; Review of medications; and Review of age/gender appropriate screening tests.
- Will my provider address only what my health plan covers for a routine preventative exam?  
Your provider does not know your health benefits and sees many patients with various insurance plans throughout the day. You are responsible for knowing what services are covered under your health plan. Review your summary of benefits or call your health insurance company's customer service prior to your preventative exam with any questions.
- How does this affect my visit and my bill?  
This exam is prevention focused, not problem focused. Please note that an Annual Physical, Well Visit, and/or Welcome to Medicare Visit should be scheduled separately from other visits that are intended to discuss treatment of acute problems, management of chronic conditions, or to request prescription refills. If you have scheduled a routine preventative exam but your physician believes that a substantial part of your visit was spent addressing medical concerns, the provider will bill an additional charge for the treatment of your current and/or existing problems in addition to the preventative exam. It's important to note that your healthcare provider has the right to code and bill as they see the service from his or her viewpoint.

#### Patient Acknowledgement

I have read and understand Virginia Health Center's policy on routine preventative exams. I understand that a preventative exam is not intended to discuss acute problems, chronic conditions, or to request or discuss new medications. I understand that if I must address non-preventive medical problems with my physician, I will be billed for the services rendered.

---

Signature of Patient or Guardian

Date