

Protect your health with layers of care



Annual wellness visit, Healthy Home Visit and routine physical exam — your plan covers all of them. But what else do they have in common? And how do they differ? Read on and see the tables on the back to learn more.



Annual wellness visit

During your visit, you'll fill out a questionnaire. Your primary care provider (PCP) will use your answers to build a personalized prevention plan based on your current health and risk factors.

How to schedule or learn more

Give your PCP a call.



Healthy Home Visit

This “bonus” checkup is completed by a licensed health care provider through an Allina Health | Aetna contracted vendor. It doesn't replace the relationship you have with your PCP. But it can help support your regular doctor's care. After the visit, both you and the PCP we have on file for you will get a summary by email.

How to schedule or learn more

Give us a call at the phone number on your member ID card.



Routine physical exam

This yearly exam is a great time to focus on prevention and screening. Your PCP will ask about your overall health, listen to your concerns and advise you on any risk factors. If your doctor finds problems during your exam, they'll work with other health care providers to get you the right tests and treatment.

How to schedule or learn more

Give your PCP a call.

How do they compare?

Type of visit	No extra cost?	Performed by your PCP?	Can be done in your home?	Can be done through telehealth?
Annual wellness visit (AWV)	✓*	✓		✓**
Healthy Home Visit (HHV)	✓*		✓	✓
Routine physical exam (RPE)	✓*	✓		

*But you may have to pay for some tests your doctor orders.

**If your PCP offers telehealth services.

What you get	AWV	HHV	RPE
A review of your medicines and dosages	✓	✓	
A review of your medical and family history	✓	✓	✓
A personalized prevention plan	✓		
Tips for setting up a safe, healthy home		✓	
A non-invasive physical exam		✓	
A vital signs check (height, weight, blood pressure)	✓	✓	✓
Recommendations for health resources you may need		✓	
A cognitive impairment assessment (to look for signs of Alzheimer's, dementia or depression)	✓	✓	
A list of your risk factors and treatment options	✓		
A list or summary of preventive services you may need, like vaccines	✓	✓	
Advance care planning	✓		
A skin check (to see if it appears healthy)		✓	✓
A mobility check (how well you stand and walk)		✓	✓
Heart, lung and/or abdominal exam(s)		✓	✓
Breast and/or pelvic exam(s)			✓
Hernia and/or prostate exam(s)			✓
Tests to check your cholesterol and blood sugar			✓
Other health screenings you may need		✓	✓

See Evidence of Coverage for a complete description of plan benefits, exclusions, limitations and conditions of coverage. Plan features and availability may vary by service area.