

*This timeframe is the average amount of time most patients spend with the Medical Assistant and Provider, complete any ordered testing in the office (e.g. lab, x-ray, EKG, spirometry, etc.) and check-out to schedule future visits. Patients should allow 10-15 minutes of additional time prior to their visit for check-in and required paperwork.

**Patients should refer to their health insurance plan benefits and our payment policies for additional information. A copy of our payment policies is available at our office or online at www.westminstermedicalclinic.com. The out-of-pocket cost range listed is determined by the provider and covers only the face-to-face visit with the provider. Additional costs include any testing in the office (e.g. lab, x-ray, EKG, spirometry, etc.), immunizations/injections and/or surgical procedures.

ADULT WELLNESS VISIT & WELL WOMAN EXAM

What is a Wellness Visit?	This visit is best for patients who feel well and want an evaluation of their general health condition. (Also known as annual or physical exam.)
What should I expect at this visit?	<p>The visit includes age-specific health screening and disease prevention services recommended by the U.S. Preventive Services Task Force and most insurance plans. This visit also allows time to discuss life issues, healthy behaviors and concerns on health topics.</p> <p>Typical services include:</p> <ul style="list-style-type: none"> • Vital signs, including body mass index (BMI) calculation • Mental health screening • Diet and exercise counseling • Sexually transmitted disease counseling • Certain immunizations • Testing for cholesterol, blood sugar and/or other lab work (if applicable) • Referrals for mammography and colonoscopy (if applicable) • Cervical cancer screening, including pelvic exam and PAP smear (generally recommended every 3 years); oral contraceptive (i.e. birth control) refills are included as a covered service by health insurance carriers
When should I schedule this visit?	New/established patient: Insurance carriers allow only 1 wellness visit per calendar or benefit year.
How much time should I plan to spend at the office for my visit?*	45-60 minutes
How much will the visit cost?*	<p>Insurance: typically covered 100%</p> <p>Self pay:</p> <ul style="list-style-type: none"> • New patient: \$171-\$218 (based on age) • Established patient: \$140-\$171 (based on age)

MEDICARE WELLNESS VISIT

What is a Medicare Wellness Visit?	This visit is for patients with Medicare Part B only. It includes a review of your medical history and counseling about preventive services. The visit does not include a physical exam, medication changes/refills, lab testing and immunizations.
What should I expect at this visit?	<p>A one-time Welcome to Medicare Visit includes the following services and referrals for other care, if needed.</p> <ul style="list-style-type: none">• Height, weight and blood pressure measurements• Body mass index (BMI) calculation• Vision test• Review potential risk for depression and your level of safety• An open-ended discussion about creating advance directives• A written plan letting you know which screenings, vaccines, and other preventive services you may need <p>Annual Wellness Visits are designed to develop a personalized plan to prevent disease and disability.</p> <ul style="list-style-type: none">• Review of your medical and family history• Updating a list of current providers and prescriptions• Height, weight and blood pressure measurements• Detection of any memory impairment• Personalized health advice• A list of risk factors and treatment options for you• A screening schedule for appropriate preventive care
When should I schedule this visit?	Medicare covers only one wellness visit per year. Annual visits are recommended.
How much time should I plan to spend at the office for my visit?*	45 minutes
How much will the visit cost?***	Visits are covered 100% by Medicare Part B.

WELL CHILD CARE

What is a Well Child Visit?	The purpose of this visit is to assess your child's growth and development and provide guidance for health and safety.
What should I expect at this visit?	<p>Your child will receive a developmental screening and physical exam. Common services include:</p> <ul style="list-style-type: none">• Height, weight and blood pressure measurements• Vision test• Review of your child's medical and family history• Nutrition and exercise counseling• Child safety counseling• Immunizations <p>Other services may be recommended by your provider based on your child's age and developmental stage.</p>
When should I schedule this visit?	Visits are recommended based on your child's age. Generally, these visits are recommended multiple times per year as an infant and then annually after age 3.
How much time should I plan to spend at the office for my visit?*	30-45 minutes
How much will the visit cost?***	<p>Insurance: typically covered 100% by insurance</p> <p>Self pay:</p> <ul style="list-style-type: none">• New patient: \$152-\$171 (based on age)• Established patient: \$116-\$150 (based on age)

MEDICAL MANAGEMENT

What is a Medical Management Visit?	The purpose of this visit is to manage long-lasting diseases and conditions such as diabetes, heart disease, high blood pressure, high cholesterol, asthma, COPD, depression and any condition requiring long-term prescriptions.
What should I expect at this visit?	Depending on your disease or condition, your provider will: <ul style="list-style-type: none">• Review/refill medications• Discuss the impact of your condition to your overall health• Perform a targeted physical exam, as needed• Order lab, EKG, spirometry or other testing• Conduct health screenings and disease prevention services (e.g. diabetic foot exam, vaccines etc.)
When should I schedule this visit?	New patient: Please contact us to schedule if you presently have a chronic disease or condition and are not receiving regular evaluation and treatment. Established patient: Visits should be scheduled either at 3 or 6 month intervals as recommended by your provider.
How much time should I plan to spend at the office for my visit?*	30-45 minutes
How much will the visit cost?***	Insurance: office visit copay or deductible/coinsurance Self pay: <ul style="list-style-type: none">• New patient: \$89-\$250• Established patient: \$49-\$177

ROUTINE OFFICE VISIT

What is a Routine Office Visit?	This visit includes evaluation and treatment of new issues or conditions as well as follow-up visits. Some examples are fever, colds, sprains, injuries, pain, dizziness, rashes or diarrhea.
What should I expect at this visit?	The services you receive may vary based on the reason of your visit and provider discretion. Common services include: <ul style="list-style-type: none">• Diagnose and treat illness or injury• Order medications• Order and/or review lab and other testing• Request referrals• Follow up and continue care received from a specialist or hospital visit• Complete health-related documentation (e.g. FML forms, disabled parking permit, etc.)
When should I schedule this visit?	Please contact us to schedule when you need any of the above or other services.
How much time should I plan to spend at the office for my visit?*	New patient: 30-45 minutes Established patient: 20-30 minutes
How much will the visit cost?***	Insurance: office visit copay or deductible/coinsurance Self pay: <ul style="list-style-type: none">• New patient: \$89-\$250• Established patient: \$49-\$177

TEAM CARE VISIT

What is a Team Visit?	This visit is designed to add self-management support for patients managing chronic diseases and conditions such as diabetes and heart disease. You will meet with your medical provider and our Health Coach during your visit. The team will help you identify a personal health goal and provide the self-help tools to reach your goal and improve your health. This visit is also called an Extended Office Visit by your provider or WMC staff.
What should I expect at this visit?	Depending on your disease or condition, your medical provider will provide the following services: <ul style="list-style-type: none">• Evaluate your health status and control of the condition• Review/refill medications• Discuss the impact of your condition to your overall health• Order lab, EKG, spirometry or other testing• Conduct preventive screenings (e.g. diabetic foot exam, vaccines, etc.) <p>In coordination with your medical provider, the Health Coach will work with you to identify and improve your health and decrease factors that contribute to chronic illness and disease such as diet and exercise.</p>
When should I schedule this visit?	Please speak with your medical provider about scheduling a team visit.
How much time should I plan to spend at the office for my visit?*	60-75 minutes <i>Please note that you will meet with the Health Coach for the first 30 minutes of this visit and then with your medical provider for the remaining time.</i>
How much will the visit cost?***	Insurance: office visit copay or deductible/coinsurance Self pay: <ul style="list-style-type: none">• New patient: \$89-\$250• Established patient: \$49-\$177

MOTOR VEHICLE ACCIDENT

What is a Motor Vehicle Accident visit?	This visit is for patients with injuries resulting from a motor vehicle accident or who were injured by a motor vehicle as pedestrians or while riding a motorcycle/bicycle.
What should I expect at this visit?	A combination of treatments including medical, chiropractic and health coaching may be recommended to treat your injuries. If outside testing or treatment is required, your provider will refer you to appropriate care. Your provider will also provide any requested documentation you may need to submit for a motor vehicle claim.
When should I schedule this visit?	Please contact us to schedule when you are experiencing symptoms of possible injury from a motor vehicle accident.
How much time should I plan to spend at the office for my visit?*	Medical: 30-45 minutes Chiropractic: 60 minutes
How much will the visit cost?***	Insurance: <ul style="list-style-type: none">• Covered by motor vehicle insurance until benefit limit is reached, if applicable• Office visit or chiropractic copay or deductible/coinsurance for health insurance Self pay: <ul style="list-style-type: none">• New patient: \$89-\$250 for medical, \$125 for chiropractic• Established patient: \$49-\$177 for medical, \$65 for chiropractic

VIRTUAL VISIT

What is a Virtual Visit?	This non-traditional visit using a secured, web-based video meeting service allows you to meet with your provider at the comfort of your home and discuss test results and related treatment follow-up. **This type of visit is not available for emergency or urgent care.**
What should I expect at this visit?	The visit is limited to reviewing lab or test results only.
When should I schedule this visit?	New patient: not available Established patient: Please schedule this visit after your lab visit following your provider's recommended timeframe.
How much time should I plan to spend for my visit?*	New patient: not available Established patient: 10 minutes
How much will the visit cost? **	All patients must pay \$45 out of pocket. Insurance does not provide coverage for this service.

FUNCTIONAL MEDICINE VISIT

What is a Functional Medicine Visit?	Functional medicine is a holistic approach to treating complex health issues. Your provider will use this approach to identify and correct the root causes of health issues instead of focusing on treating symptoms.
What should I expect at this visit?	Functional medicine considers the interaction among genetics, environment and lifestyle with your overall health. Your visit will include a thorough review of how these factors impact you and recommendations for improving your health through managing these factors. Your provider may recommend any or all of the following as part of your diagnosis and treatment: <ul style="list-style-type: none">• Specialized lab, DNA and/or other testing• Nutrition/diet changes• Supplements• Lifestyle management (e.g. sleep, stress, health coaching, mental health, etc.)
When should I schedule this visit?	Please speak with your medical provider to determine if functional medicine could help treat your particular health issues.
How much time should I plan to spend at the office for my visit?*	60 minutes. Typically, it will take 6-10 visits to achieve patient-provider goals.
How much will the visit cost? **	Insurance: office visit copay or deductible/coinsurance Self pay: (not including lab or other testing, supplements or visits with other providers) <ul style="list-style-type: none">• New patient: \$89-\$250• Established patient: \$49-\$177

CHIROPRACTIC CARE/CORE

What is chiropractic care?	Chiropractic care focuses on disorders of the muscular, skeletal and nervous systems and how these disorders affect general health. Chiropractic care treats common issues such as back pain, neck pain, pain in the joints of the arms or legs, and headaches.
What should I expect at this visit?	A physical examination will determine which therapy would best address your condition. These include a variety of therapies such as spinal adjustment to realign the spine and acupuncture to relieve muscle tension, pain or aches.
When should I schedule this visit?	Please contact us to schedule when experiencing muscular or skeletal issues
How much time should I plan to spend at the office for my visit?*	New patient: 60 minutes Established patient: 20 minutes
How much will the visit cost? **	Insurance: chiropractic copayment or deductible Self pay: <ul style="list-style-type: none">• New patient: \$125• Established patient: \$65

HEALTH COACHING

What is a Health Coaching visit?	Health coaching is a one-on-one, personalized visit designed to help you lead a healthier lifestyle by providing tools, resources and an action plan that works for you.
What should I expect at this visit?	Many aspects of life contribute to your overall health. Common topics to address with the Health Coach include: <ul style="list-style-type: none">• Chronic illness (e.g. diabetes, heart disease, high blood pressure, high cholesterol, etc.)• Nutrition and exercise, including weight loss• Personal life, including tobacco cessation <p>During your visit, the Health Coach will work with you to help you find your motivation and create an action plan to achieve your goals.</p>
When should I schedule this visit?	Anyone who wishes to achieve optimal health would benefit. Please speak with your medical provider about integrating health coaching with your medical care.
How much time should I plan to spend at the office for my visit?*	60 minutes
How much will the visit cost? **	All patients must pay \$39 out of pocket. Insurance does not provide coverage for this service.