



## Summary of Periodic Health Exam Services and Charges

**952-401-8300**

(Also known as “Well child visit” or “Physical”)

### What is a Periodic Health Exam (PHE)?

A Periodic Health Exam (PHE) is a medical appointment that provides preventive services, counseling, education and disease screening, based on the patient’s age and gender. A PHE may involve some screening lab tests or shots. You can also ask your clinician for advice on other health topics.

South Lake Pediatrics encourages “shared decision making (SDM)\*”. This is where both the clinician and the parent/guardian together make the decision on the best treatment or care for the child/patient.

#### Services usually considered part of a Periodic Health Exam (PHE):

- Physical exam
- Weight, height, blood pressure and pulse
- Review of medical history
- Nutrition and healthy lifestyle assessment
- Anticipatory guidance and other prevention strategies to promote healthy living
- Assessment of growth and development
- Immunization review
- Medication review\*\*
- Allergies/adverse drug reactions review
- Minor problems like most diaper rashes, etc which do not require prescription medication or a referral

\*\* Please bring all your medications to your appointment\*\*

#### The Standard of Care includes the following additional services as part of your Periodic Health Exam (PHE) based on your age and gender:

- Cholesterol screening
- Developmental screening and assessment
- Behavioral health screening and assessment
- STI (Sexually Transmitted Illness) screening and pap smear screening (over 21 years of age)
- Vision screening
- Hearing screening



## **Extra services\*\*\* available but NOT included as part of your Periodic Health Exam (PHE):**

- Evaluation and management of new health concerns (for example: stomach upsets, cough, warts, moles, new illnesses, change in vision, weight issues)
- Asthma review and/or spirometry screening
- Current conditions that need regular management and/or new treatment (for example: allergies; mood disorders; constipation; GE Reflux)
- Depression, anxiety, ADHD, autism counseling and management

\*\*\*These services may require an additional office charge\*\*\*

### **How do I know if my insurance company will pay for my visit or cover certain tests or services?**

It is a good idea to look in your benefit handbook or call your insurance provider Member Services department before your (your child's) appointment to find out which services will be covered and which won't. The Member Services phone number is often listed on the back of your insurance identification card

### **How will I be billed if my clinician orders tests or treats additional problems during my Periodic Health Exam (PHE)?**

If your clinician needs to treat a new condition or needs to order additional testing and/or modify your treatment for an existing condition, your bill will show those charges separately.

When we submit a bill to your insurance company it includes all the services you received at a visit. Charges for the visit will include the "wellness" examination and the separate charge for a problem-related examination (an additional office charge). You might consider the appointment as one visit, but your insurance company may see this as "extra services". You could be billed for the "extra services" or need to make a copayment.

### **How does my insurance company know what services I receive during my exam?**

Each service you receive during a clinic visit has a code associated with it. These codes are used to identify the services, the reason for them, and the diagnosis made by your clinician. A claim is sent to your health insurance with these codes to charge for the services you (your child) received. You may contact our Patient Account Services Department (952-401-8282) prior to the visit for these codes to ask your insurance company about your benefits.

### **Why does South Lake Pediatrics charge additional services with a well visit (PHE)?**

When a new condition is identified, it is to the convenience of the patient and the family to provide the needed care by combining two potential "trips to the office" (or visits) into one. This saves you time and treatment can begin sooner.

