

# Well-Adult Check-ups

## Services

South Dakota Medicaid covers one Well-Adult check-up per year for full coverage adults. Well-Adult check-ups often include the following services:



**Health habits and history**- Your provider will ask you about your personal and family medical history, habits that affect your health, and other relevant information.



**Physical examination**- This may include measuring height and weight, checking your blood pressure, calculating your body mass index (BMI), and taking your temperature. A Well-Woman check-up may also include a clinical breast examination and a pelvic examination.



**Immunizations**- Your provider will give you needed shots to help prevent diseases.



**Screenings**- Your provider may do or recommend screenings for things such as cholesterol, diabetes, and certain types of cancer.



**Education, counseling, and goals**- Your provider can give you information to help you make health decisions. Your provider can also help you figure out how to achieve goals like quitting smoking or losing weight.



**Cleanings and Exam**- Some well-adult services are provided outside of the well-adult check-up. South Dakota Medicaid covers two teeth cleanings and an exam each year. Contact your dentist to schedule an appointment.



**Eye Exams**- Annual eyes exams can help determine if you need eye glasses. Contact your eye doctor to schedule an appointment.

## Additional Tests

Your provider may recommend additional tests. Here are a few questions you can ask to learn more about their recommendations.

- What is the test for?
- How is the test done?
- What are the benefits and risks of having the test?
- When will I get the results?
- What will the results tell me?
- Does South Dakota Medicaid pay for the test and what is my cost-share?

## Discussion Topics

Well-Adult check-ups are a great opportunity to discuss health topics with your provider. Below are a few examples of topics you can discuss with your provider.

- Eating healthy foods
- Being more active
- Quitting smoking
- Getting enough sleep
- Managing stress

**Important Numbers to Remember:**

- **Medicaid Recipient Hotline:**  
1.800.597.1603
- **Delta Dental:**  
1.800.627.3961
- **SD Quits:**  
1.866.SD.QUITS
- **Title XIX Transportation:**  
1.866.403.1433