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