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# Gifford's Guide to Choosing the Right Visit for Your Care



Gifford offers a variety of visits to meet your health care needs. Below is a guide to help you understand each visit type and what you can expect. If you're unsure which visit is right for you, please contact our clinic. We're happy to help you choose the best option for your health.



### **New Patient Visit**

During your first visit with your provider, we will discuss your medical history and create a plan for your care. If needed, we may refill maintenance medications. We may also ask for medical records or lab work before prescribing additional treatments. If necessary, we will schedule an Annual Physical.



### **Annual Physical**

An Annual Physical is a yearly check-up focused on preventive care. Your provider will review your health and may recommend tests, blood work, or immunizations. If you bring up any health issues during this visit, it may be considered a regular office visit by your insurance, which could impact your bill.



### **Medicare Annual Wellness Visit**

If you're a Medicare patient, this visit focuses on routine care and includes a Health Risk Assessment to discuss things like memory, fall risk, vision, and daily activities. You will have the opportunity to answer these questions before the visit, giving you more time with your provider to create a personalized care plan for the upcoming year.



### **Well Child Visit**

A Well Child Visit is focused on routine care for your child. Your provider will review your child's overall health and may suggest tests or immunizations. If you bring up any health issues during this visit, it may be considered a regular office visit by your insurance, which could impact your bill.



### **Established Visits**

These visits are for follow-up care for ongoing health conditions. If you have chronic issues, your provider will help you manage and monitor your condition.



### **Acute Visits**

An Acute Visit is for sudden or new health concerns. The provider will focus on the immediate issue and may refill medications. In some cases, we may need medical records or lab work before prescribing new treatments. Other ongoing health concerns may require a follow-up visit.



### **Phone Calls**

You can schedule a phone call with your provider for quick updates, like discussing test results or treatment changes. Your insurance may be billed for the call. For more complex issues, an in-person visit may be required.



### **Telehealth Visits**

A Telehealth Visit is a video consultation with your provider. This allows you both to hear and see each other. Some health issues can be addressed through telehealth, but others may require an in-person visit. Please check with the clinic to determine which option is best for you.



### **ED Follow-Up Visits**

If you've recently been to the Emergency Department (ED), an ED Follow-Up visit allows your provider to review your care and make any necessary updates to your treatment plan. This may be with your primary care provider or another provider, depending on how soon you need to be seen.



### **Nurse Visits**

Nurse Visits are brief appointments with a nurse or medical assistant for simple procedures like blood draws or educational sessions, such as learning how to do self-injections. The provider does not participate in these visits, and your insurance may be billed.

**For support or questions regarding your visit please  
call your primary care office.**

Randolph Primary Care - 802-728-2445

Gifford Pediatrics - 802-728-2420

Bethel Health Center - 802-234-9913

Chelsea Health Center - 802-685-4400

Berlin Primary Care - 802-224-3200

Rochester Health Center - 802-767-3704

