



WELLNESS VISIT VS. OFFICE VISIT: UNDERSTANDING THE DIFFERENCE

When it comes to managing your health, it's important to understand the different types of medical appointments available to you. While wellness visits and office visits may seem similar, they serve distinct purposes and are billed differently by healthcare providers. Below is a breakdown of each type of visit to help you understand their differences and when to schedule each one.

Wellness Visit

Purpose: A wellness visit, also known as a preventive visit or annual physical, is a routine check-up aimed at maintaining your overall health and preventing potential health issues.

Cost: These visits are typically covered 100% by insurance plans under preventive care benefits, meaning there is usually no out-of-pocket cost for the patient.

Key components of a wellness visit include:

1. Health Assessment: Your healthcare provider will review your medical history, lifestyle, and any risk factors for chronic diseases.
2. Physical Examination: A thorough physical exam is conducted to check vital signs, such as blood pressure, heart rate, and weight.
3. Screenings and Tests: Depending on your age, gender, and health history, your provider may recommend screenings for conditions like diabetes, cholesterol levels, and certain cancers.
4. Vaccinations: Your provider will ensure you are up-to-date on recommended vaccinations.
5. Health Counseling: You will receive advice on maintaining a healthy lifestyle, including diet, exercise, and managing stress.

Office Visit

Purpose: An office visit is typically scheduled to address specific health concerns or symptoms you may be experiencing.

Cost: These visits are typically subject to co-pays, deductibles, and other out-of-pocket costs, as outlined by your insurance plan.

Key components of an office visit include:

1. Symptom Evaluation: Your provider will discuss the symptoms or health issues you are experiencing and ask detailed questions to understand your condition. They may also order additional tests or imaging, if necessary.
2. Diagnosis: Based on your symptoms, medical history, and any test results, your provider will diagnose the issue.
3. Treatment Plan: Your provider will develop a treatment plan, which may include medications, lifestyle changes, or referrals to specialists, as needed.
4. Follow-Up Care: Your provider may schedule follow-up visits to monitor your progress and adjust the treatment plan as needed.

Understanding the difference between a wellness visit and an office visit can help you make informed decisions about your healthcare and ensure you receive the appropriate care for your needs. **Always consult with your healthcare provider to determine the best course of action for your health concerns.**

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BENEFITS DID YOU KNOW: Cardinal Wellness Clinic

The Cardinal Wellness Clinic, operated independently by University Hospital, is available to ALL insurance eligible Mentor Schools employees and family members within their household. **Benefits of receiving care at the Cardinal Wellness Clinic include:**

- As of 11/1/2024, Mentor's MMO plans were expanded to cover specific labs at 100% if received by a network provider, so fewer services at the Cardinal Wellness Clinic will be subject to member cost sharing.
- Expanded hours now cover Monday through Friday.
- Available services include vaccinations, sick visits, acute injury care, sports physicals, and more!



For information on services, locations and hours, or to schedule an appointment, [click here](#) then scroll down to the Cardinal Wellness Clinic section.



TWICE BAKED SWEET POTATOES

Time: Prep: 20 min. | Cook: 1 hr. 15 min. Total: 1 hr. 35 min. **Servings:** 4

Ingredients

- 5 small/medium sweet potatoes
- 2 oz. reduced fat cream cheese
- 2 oz. unsalted butter
- 5 oz. vanilla nonfat Greek yogurt
- 1 tsp kosher salt
- 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1/4 tsp ground black pepper
- 1/8 tsp cayenne pepper
- 1/3 cup chopped pecans

Instructions

- Preheat oven to 375 degrees F. Line a rimmed baking sheet with aluminum foil or parchment paper.
- Scrub the sweet potatoes, then pierce all over with the tines of a fork. Place the potatoes on the prepared baking sheet. Bake until fork-tender, about 50 minutes to 1 hour and 15 minutes, depending on the size of your potatoes. Remove the sweet potatoes from the oven and let cool slightly.
- While the potatoes bake, dice the cream cheese and butter. Let come to room temperature.
- Once they are cool enough to handle, carefully cut off the top third of the 4 largest sweet potatoes lengthwise so that you have an open sweet potato boat. With a spoon, scoop out the potato flesh from the base and transfer it to a food processor. Leave a thin inner layer of sweet potato flesh lining the inside of the base so that it holds its shape.
- Split the final, smallest sweet potato in half and scoop all of the flesh into the food processor.
- Add the Greek yogurt, salt, cinnamon, nutmeg, black pepper, cayenne pepper, cream cheese, and butter. Process until the ingredients are very well blended and the puree is ultra smooth and light. Taste and adjust the seasoning as desired.
- Generously mound the sweet potato bases with the filling, piling it high, then sprinkle the pecans evenly over the top.
- Return the sweet potatoes to the oven and bake for 10 minutes, until the pecans are crisp and the filling is heated through. Serve warm, and enjoy!



Nutrition: Calories: 466, Carbohydrates: 64g, Protein: 9g, Total Fat: 20g, Fiber: 10g

Source: [Well Plated: Twice Baked Sweet Potatoes](#)

JULIA HENG, MD

Julia Heng, MD, is a board-certified family medicine doctor and senior attending physician at University Hospitals Madison Health Center (Madison, Ohio). Her areas of clinical focus include diabetes, hypertension, women's health and preventative medicine.

As an undergraduate, Dr. Heng attended Case Western Reserve University (Cleveland, Ohio), where she earned a Bachelor of Arts in biology in 1985. After obtaining her medical degree from Case Western Reserve University School of Medicine in 1990, Dr. Heng went on to complete a residency in family medicine at St. Mary Corwin Medical Center (Pueblo, Colorado) in 1993.

Dr. Heng is a member of the American Academy of Family Physicians, Ohio Academy of Family Physicians and Ohio State Medical Association, among other professional societies and organizations. Outside of work, Dr. Heng enjoys reading, gardening, traveling with her husband, and trying out new restaurants with friends.



Welcoming New Patients

Call 440-428-8249 to schedule an appointment today.



CARDINAL WELLNESS CLINIC

November 2024



November IS...

- DIABETIC AWARENESS MONTH
- LUNG CANCER AWARENESS MONTH
- COPD AWARENESS MONTH

We invite you to visit our clinic for complimentary health screenings designed to ensure you are current with your annual physical exams and preventative measures. We are pleased to offer complimentary diabetic screenings for those who meet the eligibility criteria. Additionally, you may qualify for a free CT scan to screen for lung cancer and assess potential heart blockages. During your visit, our team will evaluate your risk factors for developing COPD, perform a lung assessment, and may recommend further testing as needed. We invite you to take advantage of these valuable health services. Additionally, a thorough physical examination and medical history will be conducted. If needed, we may recommend further testing. Our goal is to support your health and well-being, with various resources available upon request. We look forward to assisting you.



DID YOU KNOW...

- The International Diabetes Federation projects that 1 in 8 adults will have diabetes by 2045.
- Lung cancer can also be caused by second hand smoke.
- COPD is 100% preventable.
- A calcium score test not only checks heart vessels for blockages, it also checks the lungs for masses.
- There are many resources to help quit smoking including medications, counseling, behavioral training.



HEALTH COACH INFORMATION

NOVEMBER 2024

All Mentor Public Schools employees are invited to utilize the free Health Coach services, including:



1:1 HEALTH COACHING

125 VIRGIN PULSE POINTS

Meet 1:1 with Health Coach Bridget Evans to discuss anything related to physical health, emotional health, or goal setting. If you're not sure where to start, don't worry - you'll work together to figure out a plan!



WEBINAR: QUANTITY OF ENERGY

50 VIRGIN PULSE POINTS

11/5 at 12:00pm (30 mins)

Noticing the level and type of energy you bring to work, and home is a step to giving your full attention and being your best self. Physical energy focuses on the traditional wellness pillars including movement, nutrition, rest, and recovery.



IN-PERSON WALK

50 VIRGIN PULSE POINTS

11/20 at 4:00pm (30 mins)

Let's get some fall movement! Join us at Veteran's Memorial Park for a 1.5 mile walk around Cardinal & Swamp Forest Loop.



Learn More & Sign Up: mentorschoolshealthcoaching.com
Questions? Email Bridget Evans: bevans@wellnessiq.net