



Your complete guide to **in-home health visits**

Here are seven things you need to know about
health care, delivered right to your doorstep.



Taking charge of your health

Yearly checkups are an important part of staying healthy. They help your provider find (and treat) chronic conditions such as high cholesterol, hypertension, and depression. These visits may even give you a much-needed reminder to get lifesaving screenings such as colonoscopies and mammograms. Annual visits also help promote a healthier diet and lifestyle — and help you develop a good working relationship with your doctor. All of this makes for a healthier, happier life.

But what about the time in between your annual appointments? What if you still want to know how your health is going, say, midyear, but getting around to it is challenging for you? The good news: Now you can stay home and let a health care provider come to you, thanks to in-home visits. Here's everything you need to know about them — and what they offer you.

Benefits of in-home health assessments

There are seven key benefits of getting care in the comfort of your own home:

1 You'll be healthier overall.

In a recent study, people who got in-home visits were hospitalized less often and were less likely to be readmitted to the hospital after 30 days. They also had fewer visits to the ER. The reason: you're more likely to stay on top of your care and spot (and treat) health problems before they get worse.

2 You get plenty of one-on-one time and attention.

Ever feel rushed at the doctor's office? That's because you are. The average in-office primary care visit lasts about 18 minutes — not enough time to discuss all your concerns. The average in-home visit, though, lasts up to an hour. That makes for more satisfied patients.

3 You'll be able to get a complete assessment.

In-home health care providers can do everything they would do in the office, in the comfort of your home. During an in-home visit, you can expect:

- A comprehensive health and wellness assessment
- A full medication review
- Early diagnosis of new issues, plus treatments or referrals
- Depression screening
- Hypertension screening
- A memory test



4 You can get basic screenings.

In-home visits help you catch little problems and treat them before they become bigger problems. In-home clinicians can check your blood pressure and blood sugar. You may even give them a urine sample during the visit to check for health issues such as a urinary tract infection. You may also get screenings for colorectal cancer, diabetes, and kidney disease.

5 In-home visits cost you nothing.

Many health insurance plans work with in-home health care groups to provide home-based care assessments as one of your benefits, at no extra cost to you. After your visit, your primary care provider (and you) will receive a full report, including a health summary, follow-up advice, and testing results.

6 You'll get a chance to make your home safer.

With your help, the health care provider will assess your home for possible tripping hazards, such as loose area rugs or dimly lit rooms. Falls result in more than 3 million emergency department visits annually. And over half of those falls happen at home.

7 In-home visits are judgment free.

The clinician is there to take care of you. They won't care about dust bunnies. And don't fuss with your hair or makeup or put on a special outfit either. Just wear something comfortable.

In-home health visits are a good option for staying healthy long term. They offer all the benefits of in-office care, without any of the hassle.

