

IHANY CARE NAVIGATOR

OCTOBER 2024



WHAT YOU NEED TO KNOW ABOUT

Medicare Annual Wellness Visits

Did you know that Medicare will provide an Annual Wellness Visit (AWV) once a year at no cost to you? Below is some information about this benefit and how it differs from a "yearly exam" or a "problem visit."

? What is an AWV?

The Annual Wellness Visit (AWV) is a yearly appointment with your care provider to update your health records and ensure you are up-to-date on receiving preventive healthcare services (screenings and vaccinations).

? Who is Eligible?

All Medicare Part B members who have not had a Medicare AWV or "Welcome to Medicare" visit in the past 12 months.

? What does the AWV cost?

Patients pay nothing out-of-pocket for this visit.

*However, during your visit **if you require further tests or screenings** other than those listed below, a **co-payment or deductible expense may occur.**

? Is the AWV the same thing as a physical exam?

No. An AWV is a yearly visit with your provider to create a personalized preventive health plan, whereas physicals are for addressing chronic illnesses and performing routine lab work. However, your care provider may elect to perform additional services during an AWV which may have additional costs.

? What should I do if I haven't had an AWV in the past 12 months?

Call your primary care provider and ask to schedule your AWV. Talk to your provider about what you can do to prepare for the visit and what they would like you to bring.

What is covered as part of the AWV?



Update of your age, race, address, and contact information



Update of your list of current care providers



Screen for memory changes



Written preventive screening plan for the next 5 to 10 years.



Review of current medications



Update of your medical and family history



Measurement of blood pressure, height and weight



Review of movement ability and risk of falling



Advanced Care (end-of-life) Planning



Mission Statement

The Innovative Health Alliance of New York, LLC. (IHANY) is a collaboration among doctors, health systems and health care providers in New York's Capital Region aimed at improving the health of the communities we serve by working together in new, more coordinated ways. In today's evolving health care landscape, clinical integration is essential to achieving better health for the community, better care for individuals and lower costs of health care.



Need a Primary Care Provider?



◀ Scan this QR code or use
the contact information below.

Amsterdam Internal

Medicine & Pediatrics(518) 842-0017

Ellis Medicine(518) 347-5999

or visit ellismedicine.org/TreatYouRight

St. Mary's Healthcare

Amsterdam.....(518) 841-7430

St. Peter's

Health Partners.....(518) 525-1132

or visit sphp.com/find-a-doctor



ST PETER'S HEALTH
PARTNERS

Medical Associates

A Member of Trinity Health



St. Mary's
Healthcare
Amsterdam

Ellis

MEDICINE

Amsterdam Internal Medicine & Pediatrics

Emily T. Etkorn, MD  Lydia T. Mawad, MD

Vitina Ruffino-Mosher, FNP-C • Meghan Kise, CPNP • Jessica Benoit, FNP-BC

Urgent Care at IHANY* Locations

MORE CHOICES. MORE CONVENIENCE.

ALBANY COUNTY

WellNow Urgent Care

1438 Western Ave., Albany, NY 12203
518-649-9986

WellNow Urgent Care

11 Moriah Rd., Glenmont, NY 12077
518-626-8665

WellNow Urgent Care

800 New Loudon Rd., Latham, NY 12110
518-218-4220

COLUMBIA COUNTY

WellNow Urgent Care

446 Fairview Ave., Hudson, NY 12534
518-267-3496

FULTON COUNTY

WellNow Urgent Care

332 S. Kingsboro Ave. Extension
Gloversville, NY 12078
518-752-3221

GREENE COUNTY

WellNow Urgent Care

11 Maple Ave.
Catskill, NY 12414
518-625-3608

RENSSELAER COUNTY

WellNow Urgent Care

573 N. Greenbush Rd., Rensselaer, NY 12144
518-268-2345

WellNow Urgent Care

24 North Greenbush Rd., Troy, NY 12180
518-238-6142



Scan the QR code or [click here](#)
to get the most up-to-date
hours and information.

SARATOGA COUNTY

WellNow Urgent Care

1694 U.S. 9, Clifton Park, NY 12065
518-930-7486

WellNow Urgent Care

204 S. Broadway, Saratoga Springs, NY 12866
518-226-3288

SCHENECTADY COUNTY

WellNow Urgent Care

445 Balltown Rd., Niskayuna, NY 12304
518-387-3566

WellNow Urgent Care

1708 Altamont Ave., Schenectady, NY 12303
518-344-4778

WellNow Urgent Care

233 Saratoga Rd., Schenectady, NY 12302
518-930-7497

SCHOHARIE COUNTY

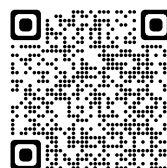
WellNow Urgent Care

721 E. Main St., Cobleskill, NY 12043
518-657-3539

WARREN COUNTY

WellNow Urgent Care

202 Broad St., Glens Falls, NY 12801
518-480-6240

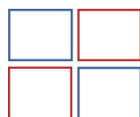


WellNow Urgent Care also
offers **24/7 virtual care**. Scan
the QR code to learn more.
[wellnow.com/services/well-
now-virtual-medical/](https://www.wellnow.com/services/well-now-virtual-medical/)



ST PETER'S HEALTH
PARTNERS

A Member of Trinity Health



INNOVATIVE
Health Alliance
of New York, LLC



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We recommend all patients check the details of their insurance to understand their coverage and cost responsibility.

Urgent Care at IHANY* Locations

MORE CHOICES. MORE CONVENIENCE.



SARATOGA COUNTY

Ellis Emergent Care – Clifton Park

Medical Center of Clifton Park
103 Sitterly Rd., Clifton Park, NY 12065
518-579-2800

SCHENECTADY COUNTY

Ellis Medicine Urgent – Mohawk Harbor

200 Harborside Drive, Schenectady, NY 12305
518-881-4710

Ellis Walk-In Care – Family Health Center

624 McClellan St., Schenectady, NY 12304
518-382-2260

The Living Room

Walk-in Mental Health Center

1023 State St., Schenectady, NY 12307
518-243-1523



Scan the QR code or visit
ellismedicine.org/walkincare/
to get the most up-to-date
hours and information.



FULTON COUNTY

Gloversville Urgent Care Center

84 E. State St., Gloversville, NY 12078
518-773-7710

MONTGOMERY COUNTY

Amsterdam Urgent Care Center

Rao Outpatient Pavilion, Upper Level
4950 State Highway 30, Amsterdam, NY 12010
518-841-3600

St. Johnsville Urgent Care Center

7 Timmerman Ave., St. Johnsville, NY 13452
518-770-7818



Scan the QR code or visit
smha.org/services/urgent-care/
to get the most up-to-date hours
and information.



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is a collaboration among doctors, health systems,
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Laboratory Services at IHANY* Locations

MORE CHOICES. MORE CONVENIENCE.

ALBANY

St. Peter's Laboratory

Albany Memorial Campus
600 Northern Blvd., Albany
Fax (518) 471-3669

St. Peter's Laboratory

Operated by St. Peter's Hospital
315 S. Manning Blvd.,
1st Fl., Atrium, Albany
Fax (518) 525-6327

Open
Saturdays

Evening
Hours

St. Peter's Laboratory

1365 Washington Ave., Suite 106, Albany
Fax (518) 458-9483

St. Peter's Laboratory

4 Palisades Dr., Suite 120, Albany
Fax (518) 813-9486

St. Peter's Laboratory

Stuyvesant Plaza, 6 Executive Park Dr.
Building B, 1st Fl., Albany
Fax (518) 438-1379

Open
Saturdays

CLIFTON PARK

St. Peter's Laboratory

Operated by Samaritan Hospital
1 Tallow Wood Drive, Clifton Park
Fax (518) 373-4412

Open
Saturdays

COHOES

St. Peter's Laboratory

Operated by Samaritan Hospital
55 Mohawk St., Cohoes
Fax (518) 237-2396

COLONIE

St. Peter's Laboratory

Kohl's Plaza
1814 Central Ave., Colonie
Fax (518) 525-6127

RENSSELAER

St. Peter's Laboratory

Operated by Samaritan Hospital
2 Empire Drive, Suite 205, 2nd Fl.
Rensselaer
FAX (518) 286-4997

Open
Saturdays

SARATOGA

St. Peter's Laboratory

6 Care Lane, Saratoga Springs
Fax (518) 621-5670

SLINGERLANDS

St. Peter's Laboratory

1240 New Scotland Rd., Slingerlands
Fax (518) 439-6902

TROY

St. Peter's Laboratory

Operated by Samaritan Hospital
2215 Burdett Ave., Troy
Fax (518) 271-3916

Open
Saturdays

St. Peter's Laboratory

Operated by Samaritan Hospital
258 Hoosick St., Suite 103, Troy
Fax (518) 326-1746

St. Peter's Laboratory

Operated by St. Mary's Hospital
1300 Massachusetts Ave., Troy
Fax (518) 268-5752



ST PETER'S HEALTH
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Walk-ins Welcome. Schedule an appointment using the MyChart app or visit sphp.com/mychart.



For the most up-to-date hours and information, visit SPHP.com/lab or call 518-525-1475.

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Laboratory Services at IHANY* Locations

MORE CHOICES. MORE CONVENIENCE.

All locations are walk-in only, except where noted.



Semen analysis is only available at the Bellevue location, and you must schedule an appointment by calling (518) 346-9483.

CLIFTON PARK

Blood Draw at the Ellis Medical Center of Clifton Park

103 Sitterly Rd., Clifton Park
Phone (518) 579-2962 | Fax (518) 579-2606

GLENVILLE

Socha Plaza Blood Draw Lab

115 Saratoga Ave., Suite 205, Glenville
Phone (518) 579-2360 | Fax (518) 579-2361

NISKAYUNA

Blood Draw at Bellevue Woman's Center

2210 Troy-Schenectady Rd., Niskayuna
Phone (518) 346-9492; Fax (518) 347-3392

Blood Draw at 2123 River Rd.

2123 River Rd., Niskayuna
Phone (518) 280-1972 | Fax (518) 280-2133

SCHENECTADY

Blood Draw at Ellis Hospital

1101 Nott St., A-Wing, 1st Floor, Schenectady
Phone (518) 243-4044
Fax (518) 243-4787



Click below or scan the QR code for the most up-to-date Ellis Medicine [hours and information](#).



AMSTERDAM

Rao Outpatient Pavilion

4950 State Highway 30, Amsterdam
Phone (518) 841-7224
Fax (518) 839-0555

Open
Saturdays

Holland Circle Medical Plaza

119 Holland Circle Dr., Amsterdam
Phone (518) 843-8146 | Fax (518) 843-8050

CANAJOHARIE

Canajoharie Family Health Center

48 Erie Blvd., Canajoharie
Phone (518) 673-2573 | Fax (518) 673-9933

GLOVERSVILLE

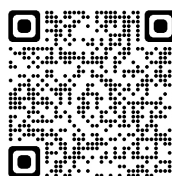
Gloversville Family Health Center

84 East State St., Gloversville
Phone (518) 773-8894 | Fax (518) 773-2905

JOHNSTOWN

Johnstown Family Health Center

700 South Perry St., Johnstown
Phone (518) 762-1746 | Fax (518) 762-5530



Click below or scan the QR code for the most up-to-date St. Mary's Healthcare [hours and information](#).



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Breast Cancer Screening/Mammography



**ST PETER'S HEALTH
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St. Peter's Breast Center

St. Peter's Hospital

317 S. Manning Blvd., Suite 305, Albany, NY 12208
(518) 525-7536

St. Peter's Breast Center

Washington Ave.

1365 Washington Ave., Albany, NY 12206
(518) 525-5287

St. Peter's Breast Center

Samaritan Hospital - St. Mary's Campus

1300 Massachusetts Ave., Troy, NY 12180
(518) 268-5353

St. Peter's Medical Imaging

Clifton Park

1 Tallow Wood, Clifton Park, NY 12065
(518) 373-4448

St. Peter's Medical Imaging

East Greenbush

Walmart Plaza, Rte. 4, 279 Troy Rd., Rensselaer, NY 12144
(518) 880-6300

Albany Advanced Imaging

3 Atrium Drive, Suite 160, Albany, NY 12205
(518) 438-0600



Bellevue Woman's Center

2210 Troy-Schenectady Rd., Niskayuna, NY 12309
(518) 346-9400

Ellis Hospital

1101 Nott St., Schenectady, NY 12308
(518) 243-3333



Rao Outpatient Pavilion

4950 State Hwy 30, Amsterdam, NY 12010
(518) 841-7224

Colon Cancer Screening



**Albany
Gastroenterology
Consultants**

Albany Gastroenterology Consultants

1375 Washington Ave., Suite 101, Albany, NY 12206
518-533-5000



**ST PETER'S HEALTH
PARTNERS**

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Capital District Colon & Rectal Surgery Associates

St. Peter's Hospital Campus

319 S. Manning Blvd., Suite 310, Albany, NY 12208
518-438-2776



St. Mary's Gastroenterology Health Center

Medical Office Building, Floor 2/Suite 201
425 Guy Park Ave., Amsterdam, NY 12010
518-843-1240

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and cost responsibility.**