

# 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](http://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](http://sphp.com/find-a-doctor)



ST PETER'S HEALTH  
PARTNERS

Medical Associates

A Member of Trinity Health



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

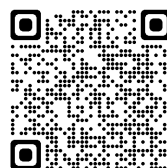
#### WellNow Urgent Care

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

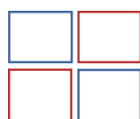


WellNow Urgent Care also  
offers **24/7 virtual care**. Scan  
the QR code to learn more.  
[wellnow.com/services/well-  
now-virtual-medical/](https://www.wellnow.com/services/well-now-virtual-medical/)



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INNOVATIVE  
Health Alliance  
of New York, LLC



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# 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/](http://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/](http://smha.org/services/urgent-care/)  
to get the most up-to-date hours  
and information.



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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

### TROY

#### St. Peter's Laboratory

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

#### St. Peter's Laboratory

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

Open  
Saturdays

#### St. Peter's Laboratory

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



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Walk-ins Welcome. Schedule an appointment using the MyChart app or visit [sphp.com/mychart](http://sphp.com/mychart).



For the most up-to-date hours and information, visit [SPHP.com/lab](http://SPHP.com/lab) or call 518-525-1475.

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

# 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



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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



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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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