



IT'S BETTER TO ASK QUESTIONS TO ASK ABOUT PREVENTIVE CARE

Preventive care is an important part of maintaining your health. Recent health reform legislation has prompted patients throughout the United States to take a look at what preventive care is available to them. Although each health plan's coverage of preventive services may differ, discussing preventive care with your doctor remains important. Your physician should discuss with you the time lines for preventive care that you should adhere to in your current state of health. The questions here should act as guidelines to ensure you discuss routine and preventive care with your health care providers.

- What are my vital results from this office visit? It is important to obtain routine results from your provider including weight, blood pressure, pulse and temperature. Although your physician will keep records of this information it is important that you know what your results are in order to better understand your state of health and share with other physicians as necessary.
- What routine screenings do you suggest I obtain?
- What type of lab tests is it important that I monitor? (Cholesterol, HDL, LDL, triglycerides, HbA1c, others?)
- Does my current health state determine any other tests I should obtain more frequently? (Vitamin D, Thyroid tests, etc.)
- What types of Immunizations am I due for? When?
- What type of follow-up appointments, tests or procedures might I need to make?
- What medications, vitamins or supplements should I take for optimizing my state of health?
- Where else might I check for information regarding the recommended time lines for screenings and routine care?
- Is seeing a specialist about any of my current conditions appropriate?
- How might my health plan support me in obtaining preventive care? Check your health plan for covered services. Since health screenings should generally be obtained in a timely manner health plans may cover some of the costs. Do remember each health plan is different.
- What types of Health Risk Assessments should I take?

* This information is not intended to replace the advice of a physician.. Check your health plan for specific coverages.