

IMPORTANCE OF ANNUAL HEALTH EXAMS

WHY ARE THEY IMPORTANT?

Our goal at Prime Care Coordination is to assist and support your health and safety. To help accomplish this, schedule your annual preventative health exam with your primary physician. The goal is to catch potential health issues early before they become serious, and to help focus on wellness and a healthy lifestyle while identifying important screening tests, vaccinations, and other necessary testing. Seeing your health care provider regularly helps to build a positive relationship and makes it easier to keep track of health markers. Your doctor will also identify any risk factors that you have to try to prevent and detect cervical cancer, colon cancer, lung cancer, breast cancer, prostate cancer, bone density, fall risks, elevated cholesterol, high blood pressure, thyroid issues, cardiovascular disease, and other conditions.



WHAT TO EXPECT?

- Review your blood pressure, heart rate, height, weight, and body mass index (BMI).
- Review your current health problems, as well as your medical, surgical, family and social histories.
- Review your current medications.
- Conduct a health risk assessment.
- Provide nutrition counseling.
- Discuss an exercise plan to fit your lifestyle.
- Discuss smoking cessation and arrange for counseling, if needed.
- Discuss fall prevention.
- Discuss advance care planning.
- Discuss preventive screenings recommended by evidence-based practice guidelines that are indicated for you based upon your age, risk factors and family history
- Blood work

WHAT SHOULD YOU BRING WITH YOU?

- Immunization records
- Insurance card and form of identification
- A list of current prescribed medicines, supplements, and over-the-counter medications
- A list of your patient care team—any specialists you see for various types of care
- Be prepared to review your family medical history.
- A notebook and pen to write down any questions or recommendations



WHY DOES PRIME CARE COORDINATION REQUEST A COPY?

Care coordination and health promotion are some of our core services. Also, because we are a health home, having an annual physical in the record is one of our requirements. Our care managers will use the documentation on the physical to update information in the electronic health record. We can ensure that all information is correct including diagnoses, medications, and care plans for medical concerns. We can also support any follow-up recommendations that are made by the primary care providers.