

# PCP Checklist

Partnering with your provider to improve your health

**Your primary care provider (PCP) is your first stop for medical care. Here are some important tips and reminders of what to discuss at your checkup.**

## Make note of these important things to talk to your doctor about:

- Any health or life changes since your last visit
- Any recent hospitalizations or visits to the emergency room (ER) or urgent care
- Any symptoms you are experiencing
- Any specialists you see to help manage your care (including mental health practitioners)
- All medications you are taking (including prescription, over the counter, and supplements)
- Any interactions between supplements and over-the-counter or prescription medications
- Any barriers or concerns you might have to get your prescriptions filled
- Options to use a mail-order pharmacy or obtain three-month supplies for maintenance medications

## Questions to ask about my physical health

### Weight

- ☐ What is my weight and Body Mass Index (BMI)?
- ☐ Are these numbers at a healthy level?

### Blood Pressure

- ☐ What is my blood pressure and is it healthy for me?
- ☐ How often should my blood pressure be checked?
- ☐ Should I check my blood pressure at home?

### Vaccinations

- ☐ Am I due for any vaccinations?
- ☐ Any other questions related to vaccines?

### Cancer Screenings

- ☐ Am I due for any cancer screenings (e.g., cervical, breast, colorectal)?
- ☐ How often do I need them?

### Blood Tests

- ☐ Do I need a cholesterol check?
- ☐ Should I be screened for diabetes?

### Other Tests

- ☐ What other test(s) do you recommend based on my medical history?

### Activity

- ☐ How much and what type of exercise is right for me?

### Sleep

- ☐ How many hours of sleep should I get each night?
- ☐ What can I do to address any sleep problems?

## Items to share about my emotional health

- |   |  |
|---|--|
| <input type="checkbox"/> Feeling down or depressed    | <input type="checkbox"/> Changes to stress level (e.g., personal, family, work related)                    |
| <input type="checkbox"/> Feeling anxious or irritable | <input type="checkbox"/> Substance use for myself or a loved one (e.g., tobacco, vaping, drugs or alcohol) |
| <input type="checkbox"/> Changes to energy level      | <input type="checkbox"/> Am I feeling safe?  |

## List for people with diabetes

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Hemoglobin A1c test (HbA1c) | <input type="checkbox"/> Cholesterol check                           | <input type="checkbox"/> Foot exam            |
| <input type="checkbox"/> Kidney monitoring test      | <input type="checkbox"/> Eye exam to detect diabetes related changes | <input type="checkbox"/> Depression screening |

## Information about your next appointment

Remember to plan ahead. It may take up to 30 days for a routine or preventive care appointment and up to 48 hours for an urgent visit. At your next appointment, ask your doctor if another provider in the office can be an appropriate back up for you. If you've been hospitalized or treated in the ER, be sure to notify your PCP and schedule a follow-up appointment.

## Additional resources

### Telehealth

Ask your provider if a telehealth appointment is right for you. To find more information about telehealth appointments, visit My Health Plan and click Health Awareness under the Healthy Living Tab.

### NurseLine

Call 1-888-912-0636 to speak with a specially trained nurse anytime you have a health concern. The service is available 24 hours a day—at no charge.

### QuitLine

Give up tobacco for good with one-on-one coaching, a personalized quit plan, educational materials and more. Call 1-866-845-7702 or visit My Health Plan and click Healthy Living, then Quit Tobacco.

## Need help?

If you need help finding a PCP or are having trouble getting an appointment, Medical Mutual can help. Please call Customer Care toll free at the number on your ID card (TTY: 711 for hearing impaired).

**Thank you for trusting Medical Mutual as a partner in your health.**