

MAKING MY OFFICE VISIT COUNT

It's all part of my plan.

Your health is important. And Sunflower Health Plan wants to help you get the most out of your visit to your primary care provider (PCP).

The checklists below include suggestions of what you can do before, during and after your PCP visit. Use the worksheet on the back to help you prepare for your appointment and for writing notes during your visit. Take charge of your health by asking questions and sharing information, so your PCP can help you receive the best possible care.



Plan ahead for visits with your doctor!

Use the checklists below before, during and after your PCP visit:



Before Your Visit

- Call to confirm your appointment and to make sure your doctor is part of Sunflower Health Plan.
- Fill out the worksheet on the back and include any questions you want to ask during your visit.
- Write down any health issues you've noticed, like changes in your weight, sleep or mood.



During Your Visit

- Use your worksheet to help you fill out any office paperwork.
- Ask questions about your blood pressure or weight.
- Check about scheduling tests for blood sugar or cholesterol.
- Take notes about any important information you want to remember, like instructions, prescriptions or referrals.



After Your Visit

- Schedule any follow-up appointments and your next wellness visit.
- Check on test results.
- Pick up any prescriptions.

Office Visit Worksheet



COMPLETE THIS SECTION BEFORE YOUR APPOINTMENT

Doctor's name _____ Date of visit _____

List all medications you are currently taking, including over-the-counter medications and supplements.
If you need more room, make a separate list and bring it with you.

Medication	Dose (milligrams)	Time of day taken
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Do you have any health concerns you want to talk about? _____

Have there been any changes in your family since your last visit?

- Move Job change Marital status (Marriage, Separation or Divorce) Death in the family
 Other (describe) _____



FILL THIS OUT DURING YOUR APPOINTMENT

Topics to discuss with your doctor:

- Everyone:** Ask about where to get a flu shot in the fall.
Find out about any tests or screenings for blood sugar and cholesterol.
- Smokers:** Consider talking about quitting and programs available.
- Women:** Ask about a well-woman exam, family planning and breast-cancer screening.
- Men:** Ask about a prostate exam and family planning.

Prescriptions from your doctor:

Drug _____
Is there a generic alternative? _____ Dosage _____
Instructions _____

Referrals from your doctor:

Lab _____ Specialist _____
Imaging _____

Notes from your doctor visit: _____



KNOW YOUR NUMBERS

Take charge of your health by knowing these important numbers and what they mean.

What is my blood pressure?
(Goal: <140/90) _____

What is my Body Mass Index (BMI)?
(Goal: <25) _____

What is my blood sugar?
(Goal for non-diabetic fasting: <100) _____

What is my total cholesterol?
(Goal: total <200) _____



FOLLOW UP AFTER YOUR APPOINTMENT

Next appointment date is: _____

Next annual wellness visit date is: _____

Call back on this date for test results: _____

Pick up these prescriptions: _____