

# 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 symptoms you are experiencing
- Any specialists you see to help manage your care
- All medications you are taking (including prescription, over the counter, and supplements)
- 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	Notes
<b>Weight</b>	
What is my weight and waist measurement?	
Are these numbers at a healthy level?	
<b>Blood Pressure</b>	
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?	
<b>Vaccinations</b>	
Am I due for any vaccinations?	
<b>Cancer Screenings</b>	
What tests are right for me?	
How often do I need them?	
<b>Blood Tests</b>	
Do I need a cholesterol check?	
Should I be screened for diabetes?	
<b>Other Tests</b>	
What other tests do you recommend?	
<b>Activity</b>	
How much and what type of exercise is right for me?	
<b>Sleep</b>	
Am I getting enough sleep?	
What can I do to address any sleep problems?	

Items to share about my emotional health	Notes
Feeling down or depressed	
Feeling anxious or irritable	
Energy level	
Stress	
Substance use for myself or a loved one: Tobacco, vaping, drugs or alcohol	
Am I feeling safe?	

List for people with diabetes	Notes
Hemoglobin A1c test (HbA1c)	
Kidney monitoring test	
Cholesterol check	
Eye exam to detect diabetes-related changes	
Foot exam	
Depression screening	

### Information about your next appointment

Remember to plan ahead. It may take up to 30 days for a routine appointment and up to 24 hours for an urgent visit. At your next appointment, ask your doctor if another provider in the office can be an appropriate backup for you.

Provider	Date	Time	Contact Information

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.**