

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 and your top one or two concerns
- 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
- Your home blood pressure or blood glucose readings (if applicable)

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

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

List for people with diabetes

- Hemoglobin A1c test (HbA1c)
- Cholesterol check
- Foot exam
- Kidney monitoring test
- Eye exam to detect diabetes related changes
- 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 within seven days of when you are discharged from the hospital or ER.**

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 or Telehealth Services under the Resources & Tools 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.

Smoking Cessation

Want to kick the tobacco or vaping habit for good? We've partnered with Pivot to offer a free program that can help. Pivot includes the SmartSensor, 12 weeks of free nicotine replacement therapy (NRT), an easy-to-use mobile app, a personal health coach, access to Pivot's supportive community, and so much more.

Visit Pivot.co/MedMutual to learn more.

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.