

# PCP Visit Checklist

Tips for a successful visit with your doctor

**Preparing for an appointment with your primary care provider (PCP) is your first step to improving your overall health. Use this checklist to guide your conversation. Be sure to schedule a follow-up visit with your PCP after any emergency room visit or hospitalization.**

## Tell your doctor about:

- Any health or life changes since your last visit
- Any recent visits to the emergency room, hospital or urgent care
- Any symptoms you are experiencing
- All other doctors, specialists and mental health providers that provide care for you

## Review your medications:

- All medications you are taking (including prescriptions, over-the-counter drugs, and supplements)
- Any interactions between supplements and over-the-counter or prescription medications
- Any issues you have with getting your prescriptions filled
- Options to use a mail-order pharmacy or obtain three-month supplies of maintenance medications

## Questions to ask about your 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?
- Ask any other questions related to vaccines?

### Cancer Screenings

- Am I due for any cancer screenings (e.g., cervical, breast, colorectal)?
- How often should I be screened?

### 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?
- How can I address any sleep problems?

## Questions to ask about your emotional health:

- Do I feel down or depressed?
- Do I feel stressed at home or work?
- Do I feel anxious or irritable?
- Am I or a loved one struggling with substance abuse? (e.g., tobacco, vaping, drugs or alcohol)
- Has my energy level changed?
- Do I feel safe?

## If you have diabetes, ask about:

- Hemoglobin A1c test (HbA1c)
- Cholesterol check
- Foot exam
- Kidney monitoring test
- Diabetic eye exam
- Depression screening

## Other resources

### Telehealth

Ask your provider if a telehealth appointment is right for you. For more information about telehealth appointments, visit My Health Plan at [MedMutual.com/Member](https://www.MedMutual.com/Member).

### 24/7 NurseLine

Call 1-888-912-0636 to connect with a specially trained nurse anytime you have a health concern. They'll answer your questions and help guide your care.

### QuitLine

Give up tobacco for good with one-on-one coaching, a personalized quit plan, educational materials and more, at no additional cost. Call 1-866-845-7702 or visit My Health Plan at [MedMutual.com/Member](https://www.MedMutual.com/Member).

## Schedule your appointment

It may take up to 30 days to get a preventive care appointment, so plan ahead. For help finding a PCP or scheduling an appointment, call Medical Mutual Customer Care at the number on your member ID card.