



Your Annual Physical Exam — The Building Block for Better Health



PASSPORT
BY MOLINA HEALTHCARE



Keep Track! We are Here to Help!

Can you remember the last time you went to the doctor when you felt fine? It's important to go to the doctor when you feel sick and get the treatment you need to feel better. But it's **ALSO** just as important to have time to talk to your doctor about your health and health goals for the future. The best time to do this is to visit your doctor when you're NOT sick.

Going to your doctor or primary care provider (PCP) when you are NOT sick is called:

- A **check-up**,
- A **well visit**, or
- An **annual physical exam**

You want to have one of these visits every year or as soon as you choose your PCP.

Your Medical HOME – There’s No Place Like It!

There’s nothing more important than having a doctor you can trust. You want to feel comfortable talking openly with about any and all of your health concerns.

Think of your PCP like your **medical best friend**:

- Your best friend knows all about you so you don’t have to repeat your story every time you see them. You just have to catch them up on the latest
- Your best friend is supportive, but will also tell you when they are worried about you or think you’re making choices that could hurt you in the long run.

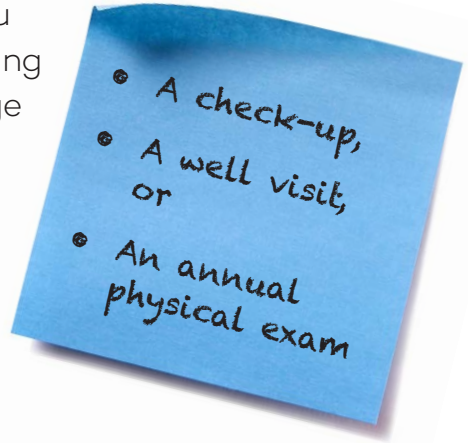


Building a relationship with your doctor is pretty much the same. Your physical exams are the building blocks for that relationship.

It’s important for you to pick a PCP you like. Over time, your PCP will get to know and your health history—and know what’s right for you and how to best treat you. Your PCP’s office should feel familiar and safe. You should feel cared for, every time you see your doctor. Think of your PCP office as your “**Medical HOME**” — the place that knows you the best!

What to Expect at an Annual Physical Exam:

- Your doctor will examine you and ask health and well-being questions based on your age and gender.
- Your doctor or her nurse will ask you to list all the medicines you take and make sure you understand why you're taking them.
- Your doctor will check your blood pressure, weight and height, and may do some bloodwork. He or she will have you fill out a form or ask you to answer questions about your lifestyle, your mood, and any stress you're having. It is okay to be honest. This visit is a great time for your doctor to look at the "whole you" and understand all the things that may be affecting your health.
- Your doctor will ask about tobacco, alcohol, and other drugs. Your doctor's office is a safe space to talk. Your doctor's job is to look for anything that can put you at risk for injury or illness and help you get treatment.
- This visit is the perfect time to ask about any of your own health concerns or to ask questions about what your doctor says during the exam. Be sure to speak up! Your doctor wants to know what you have to say.



- At the end of the visit, your doctor will praise the healthy choices you are already making and will talk with you about any changes he or she thinks you need to make. If needed, your doctor will refer you to other specialists for any follow-up screenings or care.
- Talk with your doctor about the recommendations he or she makes at the end of your visit. Let your doctor know if you think you will have any problems following the plan you decide upon together.



Call Today to Schedule Your Annual Physical Exam

Go ahead — start building a relationship with your doctor today! Here are some steps to get you going:

1

If it has been more than a year since your last well visit, call and schedule an appointment. If you are not sure, you can always call your doctor and ask if you are due for a physical exam.



2

If you have never been to your PCP, look at your Passport card and call the PCP listed to schedule your first visit. Tell the office this will be your first time seeing the doctor and that you would like a full physical.

3

Write down the date and time of your appointment. Make plans to take time off if you need to and make sure you have a way to get there. If you cannot make it, call and reschedule. Be sure to tell them you still want an annual physical exam.



4

Write down any questions you want to ask the doctor. Think about what you want to know and what your PCP needs to know about you.



5

Bring a list of the medicines you take or just bring your pillbottles. This includes medicines you are prescribed and any over-the-counter medicines or vitamins you take. Your PCP needs to know everything you are taking.



The Questions I Want to Ask My PCP:

Medicines I am Taking:

Medicine Name	Dose (Amount)

**I need to schedule an
appointment for:**

My doctor recommends that I:

What to Do After Your Annual Physical Exam

If you've had your annual physical exam — great job! This is an important step to keeping yourself healthy.

Remember:

- One time is not enough! To stay healthy, it's important to have a physical exam once every year.
- Schedule your next visit before you leave. Pick a time of year that will be easy to remember so you can make annual physical exams a habit. It could be your birthday month or maybe the first of the year.







We Are Here to Help!

If you need help finding a provider or have any questions,
call us at **1-800-578-0603**, TTY users call **711**.



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Source: <https://marketplace.cms.gov/outreach-and-education/downloads/c2c-roadmap.pdf>, Centers for Disease Control and Prevention (CDC)