

healthy choices



live well. be well.

# Patient-Doctor Partnerships



**Doctor support can span from a multitude of topics including your current health, medical history, family medical health history, treatment, preferences, daily challenges you may be facing, and your personality and lifestyle.**

## The Relationship

Studies have shown that individuals with a primary care doctor are much happier and healthier than those without one. There is about a 10% boost in patient satisfaction within healthcare when they have their own primary care doctor.

There are many different types of primary care doctors including family practitioners, pediatricians, internists, geriatricians, obstetricians, gynecologists, and nurse practitioners.

Your primary care doctor will be an aid to you to ensure you are staying healthy and is there to provide support when a health issue does arise.

Creating a relationship with a primary care doctor will significantly impact a participant, and can lead to a deeper understanding of their overall health and establish accountability for goals. It has been reported that 89% of patients value their relationship with their primary care doctor and that access to a primary care doctor has shown to lead to highly effective outcomes. All in all, there are many positives and benefits of establishing a primary care relationship.

**Remember to be honest with your physician.**

**Don't give answers that you think your physician wants to hear, give them honesty and truth because its their job to help you, and thats what they really want to hear.**

## The Benefit

The benefit of having a long-standing primary care doctor is the relationship and trust that is built over the years.

1. As a healthcare professional, they will be able to provide advice and support to your questions over the years.
2. Your primary care doctor will know your history and be able to make suggestions based on what has or has not worked best in the past.
3. Primary care doctor support can span from a multitude of topics including your current health, medical history, family medical health history, treatment, preferences, daily challenges you may be facing, and your personality and lifestyle.



## Who is eligible for the COVID-19 vaccine?

How soon should I get the COVID-19 vaccine? Widespread vaccination is a critical tool to help stop the pandemic. It is important to remember that vaccines impact entire communities. Receiving the proper vaccinations not only protects you, but it also protects the people around you, especially those with compromised immune systems and those who are not able to be vaccinated. If you are unsure which vaccinations are appropriate for you, consult with your primary care doctor.



# Questions To Ask At Your Annual Check up

## How Do I Get My Results?

Ask your doctor, or his/her assistant, how their office will communicate test results with you.

## Does My Family History Put Me At Risk?

If you have illnesses that has occurred multiple times within your family. Ask if the type of illness or closeness of the relative changes your risk for developing the illness yourself and if you should schedule additional tests or screenings.

## Am I Old Enough For That?

What birthday is coming up this year? Ask your doctor if your age is triggering any need for medical screenings. Some screenings, like a colonoscopy, are recommended to begin at age 45. PSA (prostate-specific antigen) tests and mammograms are also triggered by age in average risk patients.

## What Vaccinations Do I Need?

This one is easy. Other than my annual flu shot, what other vaccinations should I have? Depending on age and other life events, your doctor will advise you on any recommended immunizations you may need.

## Is Stress Impacting My Health?

With the events of 2019 & 2020 regarding COVID, many people have suffered from new mental health issues. Have you been struggling? People often hesitate to mention these symptoms to their physicians, but your annual exam is the perfect place to bring up any depression, stress, or anxiety issues you may be experiencing.

## How Is My Weight?

Even though it may be difficult, it is important to ask your doctor about your weight. Many people recognize that they carry extra weight, but may struggle to admit that they are considered overweight or even obese. Extra pounds can mean an increased risk for developing heart disease, certain cancers, and increased wear and tear on joints.

## What's Next?

When do I need to see you again? Did the exam trigger any concerns that may require me to be seen before next year's physical? Do I need to schedule a follow-up exam or screening test with a specialist?

Remember, you are your own best healthcare advocate. Pay attention to what is said during your exam. If you do not understand, ask for clarification. The only bad question is the one left unasked.

## OPEN ENROLLMENT

