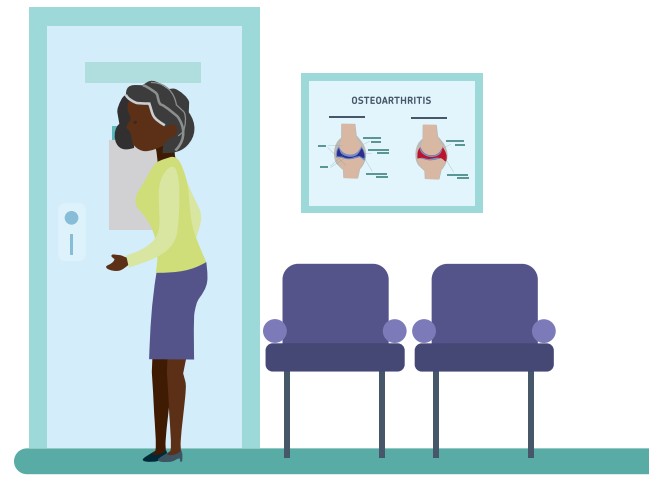




# 3 Steps to a Better Doctor's Appointment



Talking with your doctor can help keep you healthy. Before your next visit, check the boxes for the topics you want to discuss. Then follow our steps and use the area on the back to write any notes or recommendations.

## 1. TELL YOUR DOCTOR IF YOU'VE EXPERIENCED:

- |   |  |   |   |
|---|--|---|---|
| <input type="checkbox"/> Problems with balance, walking or recent falls | <input type="checkbox"/> Frequent urination or bladder control issues (urine leakage) that interfere with your daily activities or sleep | <input type="checkbox"/> Changes in how often or what you do for exercise | <input type="checkbox"/> Changes in your vision, hearing or dental health |
|---|--|---|---|

## 2. THEN TALK WITH YOUR DOCTOR ABOUT:

- |  |  |  |   |
|--|--|--|---|
| <input type="checkbox"/> Regular checkups                                  | <input type="checkbox"/> BMI check                             | <input type="checkbox"/> Blood pressure check                | <input type="checkbox"/> Cholesterol & lipid check                            |
| <input type="checkbox"/> Health assessment screening, history & counseling | <input type="checkbox"/> Seasonal flu vaccine                  | <input type="checkbox"/> Pneumonia vaccine                   | <input type="checkbox"/> Recommended immunizations                            |
| <input type="checkbox"/> Colorectal cancer screening                       | <input type="checkbox"/> Skin cancer screening                 | <input type="checkbox"/> Lung cancer screening               | <input type="checkbox"/> Diabetes screening: HbA1c, kidney function, eye exam |
| <input type="checkbox"/> Daily aspirin use                                 | <input type="checkbox"/> Review of medications and supplements | <input type="checkbox"/> Quitting tobacco                    | <input type="checkbox"/> Alcohol use assessment                               |
| <input type="checkbox"/> Depression screening                              | <input type="checkbox"/> Memory loss                           | <input type="checkbox"/> Abdominal aortic aneurysm screening | <input type="checkbox"/> HIV and sexually transmitted infection screening     |

### 3. AND THE FOLLOWING IF YOU'RE...

#### Female

 Osteoporosis screening Ovarian cancer screening Breast cancer screening

#### Male

 Prostate screening

#### Notes

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#### Have you heard about the **HAP Healthy Living Rewards Program?**

HAP rewards you for getting the tests you need and are probably already planning to get.

To be eligible, you must have a HAP Senior Plus plan. Eligible services include breast cancer screening; colorectal screenings; conversations with your doctor on bladder control, physical activity and fall risk. Plus services specific to members with diabetes.

To sign up or learn more about the program, visit [hap.org/healthyliving](http://hap.org/healthyliving).