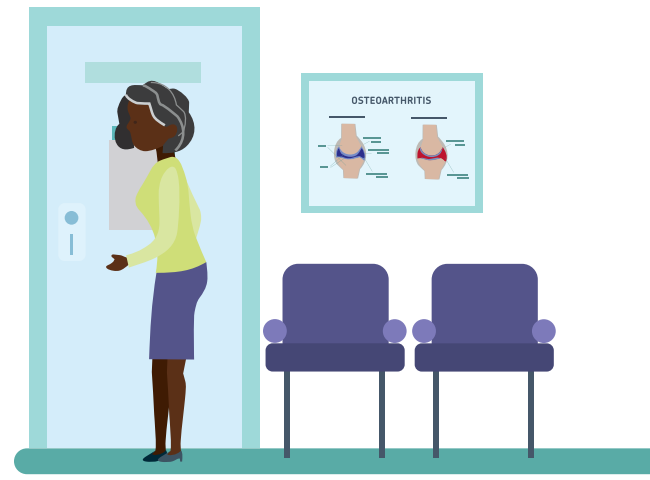




# 3 Steps to a Better Doctor's Appointment



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:

- Problems with balance, walking or recent falls
- Frequent urination or bladder control issues (urine leakage) that interfere with your daily activities or sleep
- Changes in how often or what you do for exercise
- The blues: feeling lonely, hopeless or experiencing grief or loss

## 2. THEN TALK WITH YOUR DOCTOR ABOUT:

- Regular checkups
- BMI check
- Blood pressure check
- Cholesterol & lipid check
- Health assessment screening, history & counseling
- Seasonal flu vaccine
- Pneumonia vaccine
- Recommended immunizations
- Colorectal cancer screening
- Skin cancer screening
- Lung cancer screening
- Diabetes screening: HbA1c, kidney function, eye exam
- Daily aspirin use
- Review of medications and supplements
- Quitting tobacco
- Alcohol use assessment
- Changes in vision, hearing or dental health
- Memory loss
- Abdominal aortic aneurysm screening
- HIV and sexually transmitted infection screening

continued on page 2...

For more health and wellness information, go to [hap.org/balancedliving](http://hap.org/balancedliving).

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

#### Female

 Osteoporosis screening Ovarian cancer screening Breast cancer screening

#### Male

 Prostate screening

#### Notes

---

---

---

---

---

---

---

---



#### 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).