

healthy choices



live well. be well.



Importance of DOCTOR-PATIENT Relationship

A strong doctor-patient relationship is defined as a trusting and positive bond between a healthcare provider and a patient. This relationship is fostered through communication, understanding, and respect. Both parties should strive to create an open and honest dialogue so that the patient feels comfortable and confident in the doctor's care.

Doctors should take the time to get to know the patient, their medical history, and their unique needs. With this knowledge, the healthcare provider can provide personalized, high-quality care that meets the patient's individual medical needs. By taking the time to build a strong doctor-patient relationship, both parties can work together to achieve the best possible outcome.

Talking with your doctor

Write down all your medications vitamins, and supplements.

Make a list of concerns in order of their importance to you.

Note all health and life changes since your last visit.

What makes a good doctor?

Some of the qualities that a good doctor should possess are measurable, others are not. A good doctor should be:

- Positive
- Wise in Judgement
- Knowledgeable
- Trustworthy
- Caring
- Concerned
- Friendly
- Confident
- Hopeful

What makes a good patient?

Be attentive to what your doctor says so you can ask the right questions. Typical patient questions may involve:

- Diagnosis explanation and details
- Symptom management
- Treatment plans
- Medication side effects
- Medication dosage
- Follow-up appointments
- Home programs (exercise, diet recommendations)

What questions should you ask your primary care doctor during an annual wellness visit?



Importance of a Primary Care Physician.

PCPs ensure that you stay up-to-date on preventive health screenings. Common preventive screenings include monitoring blood pressure, cholesterol and blood sugar levels, as well as screening for common types of cancer. When potential health issues are detected at an early stage, they are typically easier to treat and manage.

Asking the right questions?

Asking your primary care provider the right questions will help you address your health concerns and understand your health status, as well as what you can do to improve or maintain it.

Questions:

- Am I at risk for any health issues?
- Is my family history putting me at risk?
- Are there any additional screenings I need to undergo?
- How soon should I schedule my next appointment?
- What vaccinations do I need?
- What is the best diet plan for me?
- Do I still need my medication?
- Do my physicals seem normal?
- How does stress affect my health?
- Are there any ways that I can stay healthy in the future?

What should I bring to the Annual Wellness Visit?

- All prescriptions and over-the-counter drugs that you currently take.
- Your medical and immunization records.
- Your family health history

(Including parents, grandparents, siblings, and children)

Schedule your annual wellness visit today.

*Plan pays 100 %
No deductible
When you choose a
in-network provider.*

*Out of Network
Plan Pays 60%
of allowable
charges after
deductible.*

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Primary
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