

# Preventive Care Visit Q&A

*What is it and what can I expect?*

What is the difference between a preventive care visit and any other type of visit to my doctor's office?

A preventive care visit helps to protect you from getting sick. Preventive care services are recommended even if you don't have any symptoms. Other types of visits usually occur after you have symptoms and need your doctor to assist in finding the cause.

How do I schedule my annual preventive care visit?

Give your primary care doctor's office a call and let them know you would like to schedule your annual preventive care visit. These types of appointments fill up quickly. Plan ahead knowing it may be weeks (sometimes months) before you can get in for an appointment.

What should I expect at my preventive care visit?

Your primary care doctor will want to check in with you on your current health status and note any changes. They will measure things such as height and weight, complete basic screenings, order routine lab tests and even provide counseling on managing lifestyle-related health risk factors.

How do I know which preventive care services are best for me?

Your primary care doctor will know exactly what preventive care services you need based on your age and gender. You can also refer to your health plan resources to get an idea of what is right for you.

Is there anything else I should do to prepare for my preventive care visit?

Plan ahead! Make a list of any questions and concerns you might have and supplements/medications you are taking. Preventive care appointments may be short, so it's helpful to know exactly what you would like to discuss while with your doctor.

*Preventive care appointments may vary. Always refer to your primary care physician's office for more details on what your visit may entail. Refer to your health plan resources for additional information.*