

Partners in Care Checklist

Members...

Do you know what a preventive health visit is?

A preventive health visit (also known as an annual or yearly physical) is any medical appointment that helps to prevent and avoid disease. At your next preventive health visit, take this handout with you. Use it to help you talk to your health care provider about your health. Also, ask about what kinds of preventive screenings you may need.

Make the most of your visit by doing the following:

- Be open about your concerns and complaints
- Describe any symptoms you may have
- Bring a list of any allergies you have to medication and food
- Bring a list of any medications you are taking, including over-the-counter pills, supplements, herbs, and inhalers
- Tell your health care provider about the stress in your life
- Ask your health care provider to calculate your body mass index (BMI) for another perspective on your health

Before you leave, make sure you know what you should do next. Ask the following questions:

- What routine screenings are coming up next?
- When are you due back for another health care visit?
- Will someone call you with results of your tests or do you need to call?

If you have questions, call Member Services at **1-866-431-0801** (toll free).

Providers...

Your patient may ask you to sign a gift voucher stating he/she received a preventive health visit from you.

PrimeWest Health also encourages you to calculate the member's BMI, record it in his/her chart, and discuss the results with the member as appropriate.

Thanks for your cooperation!

This information is available in other forms to people with disabilities by calling:

TOLL FREE

Member Services: 1-866-431-0801

TOLL FREE MINNESOTA RELAY

TTY, Voice, ASCII, or Hearing Carry Over: 1-800-627-3529 or 711

TOLL FREE SPEECH-TO-SPEECH RELAY SERVICE

1-877-627-3848

Member Services

1-866-431-0801

Attention. If you want free help translating this information, call the above number.

Atención. Si desea recibir asistencia gratuita para traducir esta información, llame al número que aparece más arriba.

Ogow. Haddii aad dooneyso in lagaa kaalmeeyo tarjama dda macluumaadkani oo lacag la'aan ah, wac lambarka kore.

ملاحظة: إذا أردت مساعدة مجانية في ترجمة هذه المعلومات، فاتصل على الرقم الموجود أعلاه.

កំណត់សំគាល់ បើអ្នកចង់បានជំនួយបកប្រែឥតមានថវិកាដោយមិនគិតថ្លៃ សូមទូរស័ព្ទ ទៅលេខនៅខាងលើ។

Pažnja. Ako vam je potrebna besplatna pomoć za prevod ove informacije, nazovite gornji broj.

Ceeb toom. Yog koj xav tau kev pab txhais cov xov no dawb, thov hu rau tus xov tooj saud.

ໂປຼດຊາບ. ຖ້າຫາກທ່ານຕ້ອງການການຊ່ວຍເຫຼືອໃນການແປ ອັດວາມດັ່ງກ່າວນີ້ຟຣີ, ຈົ່ງ ໂທສຕາມເລກໂທສທີ່ຢູ່ຂ້າງເທິງນີ້.

Hubaddhu. Yoo akka odeeffannoon kun sii hiikamu gargaarsa tolaa feeta ta'e, lakkoofsa armaa olii bilbili.

Внимание. Если вам нужна бесплатная помощь в переводе этой информации, позвоните по указанному выше телефону.

Chú Ý. Nếu quý vị cần dịch thông tin này miễn phí, xin gọi số nêu trên.

PrimeWest Health will accept all eligible people who choose or are assigned to PrimeWest Health. PrimeWest Health will not discriminate in regard to your physical or mental condition, health status, need for health services, marital status, age, sex, sexual orientation, national origin, race, color, religion, or political beliefs.

American Indians can continue or begin to use tribal and Indian Health Service (IHS) clinics. We will not require prior approval or impose any conditions for you to get services at these clinics. For enrollees age 65 years and older, this includes Elderly Waiver (EW) services accessed through the tribe. If a doctor or other provider in a tribal or IHS clinic refers you to a provider in our network, we will not require you to see your primary care provider prior to the referral.