

# Know Your Benefits

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## 6 Questions to Ask At Your Primary Care Visit

Going in for a primary care appointment can be intimidating. Knowing how to get the most out of your visit is essential so you aren't left with unanswered questions. Being prepared can also change the overall experience and efficacy of the visit. This article provides six questions to ask during your next check-up.

### How Is My Blood Pressure?

High blood pressure increases the risk of heart disease and stroke, according to the Centers for Disease Control and Prevention. High blood pressure can occur without symptoms, making it common for high blood pressure to go undiagnosed. Ask for your blood pressure numbers during your annual visit.

If your numbers are high, this is an excellent time to ask for ways to help improve your numbers, such as lifestyle changes or medications. The correct method to manage your high blood pressure will depend on your unique situation.

### Are There Any Preventive Screenings I Should Get?

Screenings for conditions such as type 2 diabetes, various cancers or depression can all be performed at your primary care appointment. Preventive screenings can spot illnesses while they're early and treatable. This can improve your overall quality of life and longevity.

Check your family history to know which tests may be beneficial to request first. For example, if your family has a history of breast cancer, you may want to screen for that earlier than later.

### Am I Up to Date With My Immunizations?

Age, medical history and time of year may all affect whether you're up to date with current immunizations. Vaccinations to ask about may include:

- Flu vaccine
- HPV vaccine
- Hepatitis vaccine
- COVID-19 vaccine or booster

Being fully vaccinated is a safe and effective way to prevent serious diseases and conditions further down the line.

### Is This Normal?

Your visit is a chance for you to find out if any new symptoms are ones you should worry about or are just a regular part of your age and lifestyle. Your doctor can do an exam to measure basic vital signs such as height, weight, blood pressure and heart rate. After that, it's up to you to give additional information and ask questions about your health and well-being.

### Do I Need to See a Specialist?

If your doctor identifies a condition, such as cancer or heart disease, that you should receive further treatment or testing for, you may be referred to a specialist. Be sure to ask your primary care physician if you need to see a specialist.

### What Can I Do to Stay Healthy in the Future?

Your annual exam is not only a great time to ask questions but also to set future health goals and make plans for a follow-up. Ask your doctor if there are things you can do to prevent health risks, such as diabetes, heart disease and high cholesterol. Discussing your current lifestyle is a good place to start. See if there are any areas in which you could improve or make positive changes.

Be sure to discuss your lifestyle changes with a doctor before initiating anything drastic.

### **For More Information**

Make the most of your primary care appointment by being proactive. The better prepared you are, the more likely you are to get the answers you need to stay healthy.

Contact us today for more information on questions to ask at your next primary care visit.

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