



Time for a {wellness} change

Talk to
your docSM

{ What is Talk to Your DocSM? }

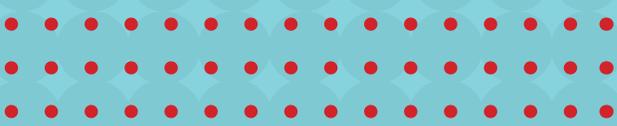
Talk to Your Doc is a program focused on getting you to your physician at least once a year for an annual physical or wellness exam. It is about establishing a relationship with your physician, being informed of your current health status, and learning how to maintain a healthy lifestyle. *Talk to Your Doc* helps you identify unseen health risks you may be facing. This program gives you the opportunity to be in better control of your health.

{ How do I get started? }

- 1 Schedule an appointment with your physician and take the *Talk to Your Doc* Physician Form with you. This appointment may include your annual physical or wellness exam.
- 2 Complete the top portion of the form with your personal information, and have your physician complete the rest of the form. Make sure that all fields are filled in, including all biometric categories listed on your Physician Form. Please attach a copy of any lab results as well.
- 3 Return your completed Physician Form to FirstPerson by the date indicated on your form and allow 1–2 weeks to process your results. Once your results are processed, you'll receive a Results Statement confirming the receipt of your form and highlighting your numbers. You can either mail, fax, or email your Physician Form.
(Note: if you choose to email your form, please use a secure encryption to ensure the safety of your personal health information.)

Talk to Your Doc more than anything made me pay attention to when my body started talking to me.

~Manager at Church Brothers



{ What will I learn? }

When you go to your physician, you will talk about a lot of numbers. The Physician Form will also have a lot of numbers! Be sure to ask your physician any questions you may have. Here is a list of what those numbers mean.*

TRIGLYCERIDES

Triglycerides are a type of fat made by the body and found in the food we eat. Smoking, drinking and eating in excess can cause your body to store these fats throughout the body, causing a high triglyceride level. A normal triglyceride level below 150 is healthy and can give the body energy, but higher levels can be a cause for concern.

BODY MASS INDEX (BMI)

BMI is a measure that uses your height and weight to determine the amount of body fat. It is calculated by using a mathematical formula. Ideally, your BMI should be between 18.5 and 25.0. Anything less is considered underweight and anything more is considered overweight. A BMI of 30 or more is considered obese.

CHOLESTEROL

Cholesterol is used by our bodies to maintain cell walls and make hormones, among other uses. About 75% of cholesterol is made by our body; the other 25% is found in food. Cholesterol comes in two forms: HDL ("good") and LDL ("bad"). High cholesterol can put you at risk for heart disease, heart attack, or stroke. Age, gender, and family history play a large part in your cholesterol levels. It is recommended that your cholesterol stay below 200.

BLOOD PRESSURE

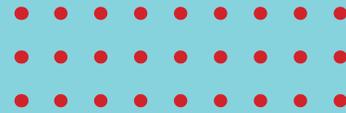
Blood pressure is the amount of force blood puts on the walls of blood vessels as your heart pumps. Blood pressure is measured with two numbers: the maximum (top number) and minimum (bottom number) amount of pressure. It is recommended that your blood pressure be less than 120/80. Anything higher may put you at risk for developing hypertension (high blood pressure), which can put you at risk for stroke, heart attack or kidney disease.

GLUCOSE

Glucose, often called blood sugar, is a measure of the amount of sugar found within your blood. The amount of sugar in your blood is regulated by the body, and glucose serves as a main source of energy. Blood sugar levels change throughout the day. Ideally, fasting blood sugar should be below 100. Testing blood sugar is a way to monitor for diabetes. Being overweight or physically inactive can make a person more likely to develop diabetes.

*The healthy ranges of the above categories are compiled from the United States Preventive Services Task Force, American Academy of Family Physicians, American Heart Association, National Cancer Institute, and the American Cancer Society.

{ Why should I participate? }



The purpose of *Talk To Your Doc* is to encourage you to visit your physician. Your employer cares about your health and is willing to offer this program to get you there. It is your responsibility to get to your physician once a year, and you are encouraged to do so. Your visit can be considered preventive and covered 100% by your insurance or with a small copay. If your appointment becomes diagnostic, you may incur a fee but will also be gaining valuable information to help improve your health. This is an excellent time to establish a relationship with a primary care physician for repeat visits each year!

TIPS ON HOW TO GET YOUR APPOINTMENT CODED AS PREVENTIVE

- Use an in-network provider. Call the customer service number on your medical ID card or visit the health insurance company's website to verify your physician is 'in-network.'
- Limit your conversation to preventive topics. If you visit your physician for an annual physical make sure you don't open up the conversation to talk about pre-existing conditions or exploratory tests.
- When scheduling your preventive appointment, make sure you point out that this is a preventive visit only, which your health insurance plan covers 100%.
- During your visit or when you receive your service, ask the physician to make sure that the procedure code (CPT code) or diagnosis code (ICD9 code) are both preventive.

WHAT IF MY VISIT WAS PREVENTIVE AND I RECEIVE A BILL?

- Call your health insurance company
- Call your physician or provider's office

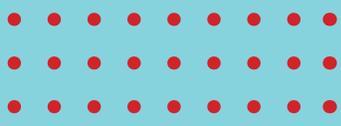
{ What do I do with my form? }

HERE ARE 3 WAYS TO TURN IN YOUR PHYSICIAN FORM

- 1 Mail**
FirstPerson
9000 Keystone Crossing, Suite 910
Indianapolis, IN 46240
- 2 Fax**
855.777.TTYD (8893)
- 3 Scan or email**
talktoyourdoc@firstpersonadvisors.com

NOTE:

If you choose to email your form, please use a secure encryption to ensure the safety of your personal health information.



{ How do I prepare for my appointment? }

BEFORE

Prepare for your visit by writing down all the questions you would like to ask your physician. It is easy to forget during your appointment. Write them on the back of this sheet and take this sheet with you! We also recommend:

- Asking someone to go to your appointment with you to help you understand your results.
- Creating a health history of current and past conditions or surgeries.
- Knowing your family's health history.
- Bringing a list of all your medications with you.

DURING

Take a minute to talk about your results.

- What does it mean? If you have numbers that are outside the “ideal” range, how does that affect your overall health?
- What are your options? Should you try to improve your numbers with diet and exercise or consider medication?
- What's next? When should you plan to see your physician again for a follow up?

AFTER

- Identify your risk factors. Improving your diet and adding physical activity to your routine can decrease your blood pressure and cholesterol levels.
- Move when you can. The World Health Organization recommends 30 minutes of moderate-intensity exercise 5 days per week. The time doesn't have to be all at once either – exercise in 10-minute blocks if that's all the time you have.
- Consider your lifestyle. Stress, sleep (or lack of it!), and the use of tobacco and alcohol contribute to your overall health. It's never too late to make a healthy choice and change things for the better.

EXAMPLES OF PREVENTIVE CARE

- Annual physical exam, colorectal cancer screening, mammogram, pap smear, immunizations, diabetes screening, hearing screening, tobacco cessation, and counseling on obesity and diabetes



{ What should I ask my physician? }

HERE ARE SOME SUGGESTIONS TO GET YOU STARTED

- What is my risk for heart disease?
- What is my blood pressure? What does it mean for me?
- What are my cholesterol numbers?
- What are my BMI and waist measurement? Do they indicate that I need to lose weight?
- What is my blood sugar level and risk for diabetes?
- Is there a generic version of this drug?
- Do I need any additional screening tests?
- What can you do to help me quit smoking?
- What is a heart healthy eating plan for me?
- Which lifestyle changes are top priorities for me?
- What can I do to get better?

{ Questions to ask my physician }
