

## See Your Family Doctor for a “Change”

We see change happening around us every day... but as we approach the final months of the year, what changes have you seen in yourself over the last year? More importantly, what changes haven't you noticed? Your family physician can tell you what you may be missing.

Developing a relationship with your family physician is very important. With regular visits, your doctor will learn your family history and to understand your “normal,” allowing them to detect early symptoms of conditions you might otherwise overlook... and early detection is key to a healthier lifestyle and lower medical bills.

A wellness visit should create a dialog between you and your physician, so be sure to be honest about any medical concerns you've encountered. Be mindful, too, that while preventative care is free, treatment of previous conditions are not. Be sure to remind your doctor and the other medical staff seeing you that you are there for a wellness visit and that it should be billed as such.

If a healthier life and lower medical costs weren't already enough of an incentive to get your annual exam, many plans have added incentives for getting your exam (and other recommended screenings) prior to the end of the plan year. If your plan has these incentives, you'll want to get your screenings scheduled soon!



### “Is That Good?”

Sometimes, the doctor tells us a number and we don't know if it's good or bad...

- **Blood Pressure:** Around 120/80 is normal. Doctors define high blood pressure (hypertension) as 140 over 90 or higher.
- **Heart Rate:** A healthy resting heart rate is between 60 and 100 beats per minute for adults. They are also listening for murmurs and other inconsistencies.
- **Temperature:** 98.6° F is average, but sometimes can be slightly higher.
- **Respiration Rate:** Normal is 12 - 16 breaths per minute.
- **What Else to Expect?:** During your wellness exam your family physician may also check up on your family history, general appearance, your abdominal region, ears and throat, and your skin, among other things.



SOURCES: WebMD, Mayo Clinic