

# Experience a greater level of **healthy living**

## Getting the most from your appointment

Our goal is to ensure that you receive excellent service and are very satisfied with your care. We want to make sure we meet your needs, answer all your questions and that you understand your treatment instructions before you leave so that you can experience the best possible results.

## Goals for your appointment

Write down the goal for your visit so you can be clear about your objectives with your provider.

- Include specific questions and take your list with you to the exam room.
- Write down your symptoms and specific details.
- Write down current medications.

## The purpose of your appointment

**A same day visit** is generally for an urgent condition, such as strep, ear infection, urinary infection, etc., and primarily addresses that particular concern. If you have questions beyond that, ask your provider when would be the best time to address those issues.

**A follow up visit** is related to a previous condition or treatment, and monitors and addresses that specific condition.

**An annual physical** allows for a longer time with the provider to discuss your overall health and wellness, your medical history and a wide range of topics.

## To get the best results

- Make sure you fully understand the instructions before you leave. If you have questions, ask your provider to clarify, or better yet, write down brief notes.
- Know what coverage you have for medications and ask about other alternatives that may cost less.
- Talk to your provider about the health wellness screening guidelines.
- Fill your prescription promptly and take as directed. Altering the time of day or dosage can impact your recovery.
- Be compliant with your treatment plan.

Active participation in your health care is a key factor in experiencing a greater level of healthy living. That includes adopting healthy habits, scheduling wellness screenings, and working with your provider to maintain your health and prevent illness. Thirty-three percent of all deaths in the US were caused by three modifiable behaviors: smoking, physical inactivity and poor eating habits. Many chronic conditions that stem from these lifestyle behaviors, such as type 2 diabetes, hypertension and obesity are actually preventable. (US Dept Health and Human Services).

Make a commitment to yourself, to your family, to begin adopting a healthier lifestyle. Take responsibility for your health and stay on the road to wellness.



## West Bend Clinic

Froedtert & Community Health

To schedule a screening or annual physical, contact your physician or health care provider at 800-825-0513 or 262-334-3451.

[www.westbendclinic.com](http://www.westbendclinic.com)