



YOUR ANNUAL HEALTH ASSESSMENT

WHAT IS AN ANNUAL HEALTH ASSESSMENT?

Your Annual Health Assessment is a visit with your Primary Care Physician (PCP) also known as an Annual Physical Exam. At this visit you may feel well but your doctor will ask you questions about your health to make sure there are no new problems. He or she will examine you and review your medications to make sure they are right for you. Your doctor may also order laboratory tests to make sure everything is normal. This once a year visit is very important to monitor your health and catch any early problems before they become serious.

I FEEL FINE, SHOULD I STILL HAVE AN ANNUAL HEALTH EXAM?

YES!! Your Annual Physical Exam is a very important part of looking after yourself. Regular health examines can help find any problems early or in some case prevent them from happening. Remember this is your health and the doctor is there to help you. Make sure you tell the doctor about any problems or concerns you have about your health. This includes how you feel physically, mentally, and emotionally. Always let the doctor know if you are taking medications that you buy in the store to make sure they don't interfere with the medications he prescribes for you. Ask questions if you don't understand what the doctor says before, during or after your examination. Don't be afraid to ask again if you still don't understand the doctor's answer because after all it's your health.

SHOULD I BRING SOMEONE WITH ME?

It is always a good idea to have someone you trust come with you. Sometimes when we get to the doctor, we get nervous and don't always hear what the doctor is saying. Having a second pair of ears helps. Also, that person can help you remember all your questions and give you support during an exam the doctor may need to do.

WHAT SHOULD I BRING WITH ME?

You should bring:

- A list of all your prescribed medication (even if it is prescribed by a different doctor).
- A list of medications you take without a prescription (Vitamins, supplements etc..)
- A list of any questions you have for the doctor (it can be good to write down any questions or concerns you have so you don't forget)
- Let the doctor's office know if you need anything extra during your visit such as prescription refills or update vaccinations like the Flu Vaccine.

REMEMBER YOUR CARE TEAM IS HERE TO HELP AND CAN ASSIST WITH MAKING THE APPOINTMENT, ARRANGING FOR TRANSPORTATION ON THE DAY OF THE APPOINTMENT, HELPING TO PREPARE HEALTH RECORDS OR TO HELP YOU PREPARE A LIST OF QUESTIONS AND YOUR MEDICATIONS.

For more information, visit www.phpcares.org or call (855) 747-5483/TTY 711. 7 days a week, 8:00 AM - 8:00 PM
The State of New York has created a Participant Ombudsman Program called the Independent Consumer Advocacy Network (ICAN) to provide participants free, confidential assistance on any services offered by Partners Health Plan. ICAN may be reached toll-free at 1-844-614-8800 (TTY users call 711, then follow the prompts to dial 844-614-8800) or online at icannys.org.

Partners Health Plan is a managed care plan that contracts with Medicare and the New York State Department of Health (Medicaid) to provide benefits to Participants through the Fully Integrated Duals Advantage for Individuals with Intellectual and Developmental Disabilities (FIDA-IDD) Demonstration.