



Get the Most Out of Your After-Visit Summary

Your after-visit summary contains important information about you, your medical conditions, the care you received, your treatment plan, and instructions for you and other care team members about how to manage your health after the appointment.

Ensure you can access your after-visit summary in your patient portal before leaving the doctor's office. Ask for a printed summary if you have trouble getting into the portal.

MAKE SURE THE FOLLOWING INFORMATION IS CORRECT:

- Your name
- Date of birth
- Date of the visit
- Name of the doctors or specialists you have an appointment with
- Current insurance coverage information
- Contact information for you and your care partners/givers.
- Your current and past medical conditions
- A list of all medications you are currently taking, including over-the-counter (OTC) medications, supplements, and herbal products and the contact for your preferred pharmacy.

Pay close attention to the results of your medical exams, body scans, X-rays, blood and urine tests, and any changes in the results between your current and last appointment.

Please discuss with your clinical team your goal ranges for the following tests and what you can do to achieve them:

Name of the Test	Frequency	Your Goal
<p>Hemoglobin A1c test: shows your body's blood sugar control in the last two to three months.</p>	<ul style="list-style-type: none"> • Every three years if you don't have diabetes or pre-diabetes • Yearly if you have pre-diabetes • Every three to six months if you have diabetes <p>Your doctor will determine how often is best for you.</p>	
<p>Lipid profile includes the following tests to measure different types of fats in your blood.</p> <ol style="list-style-type: none"> 1. Total cholesterol 2. Low-Density Lipoproteins (LDL) 3. High-Density Lipoproteins (HDL) 4. Triglycerides 	<p>Every one to two years for:</p> <ul style="list-style-type: none"> • Men ages 45 to 65 • Women ages 55 to 65 <p>Annually for people over age 65</p> <p>Your test may need to be repeated if your initial results are not normal. More frequent testing may be done if you have coronary artery disease, take cholesterol-lowering medications, or are at higher risk of coronary artery disease due to having diabetes, a family history of high cholesterol or heart attack, being overweight or obese, are an active smoker, physically inactive, or eat an unhealthy diet.</p>	

<p>Albumin to Creatinine Ratio (ACR): a urine test part of a routine exam that detects unhealthy amounts of protein in the urine for kidney health.</p>	<ul style="list-style-type: none"> • At least annually • Every six months if you have kidney problems <p>Your doctor will determine how often is best for you.</p>	
<p>Estimated Glomerular Filtration Rate (eGFR): a blood test part of a routine exam that indicates how well your kidneys filter your blood.</p>	<ul style="list-style-type: none"> • At least annually • Every six months if you have kidney problems <p>Your doctor will determine how often is best for you.</p>	
<p>Blood Pressure: a measurement of the force of blood inside your arteries due to your heart pumping that helps monitor and maintain the health of your organs.</p>	<ul style="list-style-type: none"> • Routinely checked at every health check-up • Should be done at least annually • Your doctor may recommend that you continue to check your blood pressure at home 	

ALSO, REMEMBER TO ASK YOUR CLINICAL TEAM OR PHARMACIST:

1. How to take your medications
2. What medications you should stop taking, and how to discard them

YOUR AFTER-VISIT SUMMARY CHECK LIST:

Before you leave the office:

1. Review your after-visit summary with your health care team before you leave the office, if possible.
2. Mark the date, time, location and purpose of your upcoming appointments on your calendar.
3. Ask your doctor to go over each medication prescribed to ensure you understand the dosage, frequency, purpose, and side effects it may cause. *Make sure your prescriptions are sent to your preferred pharmacy.*
4. Ask your doctor if they have resources to help you manage your condition(s) at home so you know the signs and symptoms that may require you to seek help.
5. Be clear on when you should call your doctor’s office for help and when you should call 911 for a medical emergency.

At home:

1. Take your medications as prescribed. If you have any issues, call your doctor.
2. Schedule any follow-up and specialty referral appointments as soon as possible.
3. Keep track of any changes in your medical condition between appointments.
4. Make a list of all the questions you want to ask your doctor at your next appointment.
5. Follow your health care team’s advice on what self-management activities you should do as part of your treatment to take care of your mind and body, including:
 - o Healthy eating tips and a weight management plan
 - o Physical activity, mobility, and movement goals
 - o Stress management techniques
 - o Improving the quality of your sleep
 - o Creating opportunities to be social and stay connected to loved ones

Before your next appointment:

1. Share your after-visit summary with other health care providers during your upcoming appointments.
2. Arrange transportation for your appointment.
3. Ask a care partner, family member or friend to join you at your next appointment.
4. Review the list of questions you have for your doctor.
5. If you experienced discomfort or side effects from any medications, have a list of these occurrences.