

Progressive Family Care



for a Healthy Future

Dear _____:

You are scheduled for a Complete Physical/Well Exam on _____ at _____ am/pm at Belmar Family Medicine with Dr. Hofeditz, Dr. May or Rebecca Thomas, our Nurse Practitioner.

We will be discussing many routine health issues during your visit with the goals of helping you be healthier and finding any problems early. The visit will include:

- A review of your health history including current and past problems, family history, current medications, and allergies to medications.
- A review of lifestyle choices that might be affecting health such as smoking, alcohol use and eating habits.
- A comprehensive examination of your body appropriate for your age, gender and specific health needs.
- Clarification of your vaccination history and current needs with the administration of any needed vaccines.
- A discussion of the early detection and prevention of cancer with recommended screening tests.
- A review of your risk for heart disease and a discussion of how to reduce your risk.
- The ordering of recommended lab tests.
- The refilling of any regular medications.
- A discussion of Advance Directives and end-of-life issues if needed.

Remember, you should ALWAYS hear from us about the results of any testing we do in a timely manner. If not, please call us.

If you have additional health issues or new health concerns, we encourage you to call us to arrange an appointment on a separate day in addition to your Complete Physical or Well Exam. Your insurance will require us to bill separately for these services.

Because your insurance may not cover Preventive Care, please check with your insurance provider to confirm your benefits before your Complete Physical or Well Exam. As a reminder, please give us at least 24 hours notice if you cannot keep your appointment. **WE LOOK FORWARD TO YOUR UPCOMING VISIT!**

Sincerely,

TRACY S. HOFEDITZ, MD