

ANNUAL PREVENTATIVE PHYSICAL EXAM

DRV MEDICAL INC.

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An annual preventative physical exam is a crucial component of maintaining overall health and well-being. As the name suggests, it's being performed once a year. The primary goal of this examination is to detect and address potential health issues before they escalate, promoting early intervention and preventive measures. It serves as a proactive approach to healthcare, emphasizing the importance of regular monitoring and health maintenance.

The Preventative Physical Exam is purely preventative, and is **not** intended to discuss other active problems, like knee pain, insomnia, etc. In fact, if your provider uses medical codes other than the preventative code in your visit note, insurance will likely deny payment. **Please note:** we ask that those issues be addressed in separate document titled ***Problem-Based Visits***.

During an annual preventative physical exam, we will assess various aspects of your health, including vital signs such as blood pressure, heart rate, and respiratory rate. We also review your medical history, medications, and any changes in your lifestyle or habits.

This physical exam typically involves:

- A thorough examination of different body systems in the frame of a physical exam (yes, you will be asked to get into a paper gown)
- A review of your immunization record and you may be offered immunizations based on your age, exposure or social habits:
 - Influenza – everyone, annually
 - COVID – as recommended by the CDC
 - Tdap (Tetanus with whooping cough) – everyone, every 5-10 years
 - Meningitis – for people with high exposure rates - every 5 years
 - Hepatitis A – for people who are sexually active and/or travel
 - Hepatitis B – for people who are sexually active, especially with more than 1 partner
 - HPV – for everyone up to the age of 45
 - Pneumonia – certain high risk groups, and everyone above age 65
 - RSV – everyone above age 60
 - Shingles – everyone above age 50
- We will make sure you are up to date with cancer screening:
 - Skin cancer screening (for all ages, unless you see a dermatologist for this)
 - Anal cancer screening (in case there has been potential exposure to HPV in the anal region in the past)

- Testicular cancer screening (it is a young people's cancer!)
 - Breast cancer screening (unless it's being done by your gynecologist)
 - Cervical cancer screening (unless it's being done by your gynecologist)
 - Lung cancer screening (ages 50-80 with more than 20 pack year history)
 - Prostate cancer screening (ages 45 or 50 and above, depending on risk level)
- We will do blood tests to evaluate:
 - Blood count
 - Cholesterol
 - Comprehensive metabolic panel (kidney, liver function, sugar, electrolytes)
 - Urine test
 - Hemoglobin A1c – a diabetes marker
 - Uric acid – elevated levels can cause gout
 - Creatine Kinase – a muscle enzyme
 - Thyroid hormone
 - Sex hormones (FSH, LH, Testosterone, Estradiol)
 - Magnesium, Phosphorus – two important electrolytes
 - Sexually transmitted infections including HIV, syphilis, Gonorrhea, Chlamydia, Hepatitis A, B and C. While we recommend STI testing for everyone (we are all only human!), in case you feel you don't want to be checked for them, please let your provider know during your visit.
 - Cardiovascular inflammatory markers CRP
 - Vitamin levels: Vitamin D, B12, Homocysteine and Folate
 - PSA for males (checks for prostatitis and is also a prostate cancer marker)

While most insurance plans cover the cost of the above laboratory tests, some might be denied or applied to your deductible. If in doubt, we recommend that you call your insurance company before your appointment to check their coverage policy.

- Cardiovascular health: We will do an EKG to check on your heart and in case needed, order other cardiac tests like an echocardiogram, a stress test or a coronary calcium score test.
- We will discuss lifestyle factors like diet and exercise, and provide guidance on preventive measures, such as smoking cessation or stress management.
- We will assess you for and discuss mood disorders like depression or anxiety and develop a treatment strategy if needed.

This annual physical exam provides an opportunity for open communication between you and your healthcare professionals. You can discuss your well-being, and collaborate with your healthcare team to create a personalized plan for maintaining and improving your health. Ultimately, the annual physical exam plays a crucial role in preventive medicine, enabling you to take an active role in your healthcare and fostering a proactive approach to overall well-being.