

SEE YOUR PRIMARY CARE PROVIDER SO THEY CAN HELP YOU CREATE A HEALTHIER “YOU”

Goal: Help you to improve your overall health and control your weight, cholesterol, blood sugar/blood pressure.

Importance of having a primary care doctor:

- **Guide you with a healthy diet and exercise program**
- **Preventative screenings**
- **Schedule your yearly wellness exam, including labs for cholesterol, triglycerides, and diabetes**
- **Free programs available to help you stop smoking (smoking cessation)**
- **Fewer trips to the emergency room**
- **Know your numbers**

Manage your health during sick days or if chronic illnesses:

- **Schedule an appointment with your doctor at the first sign of feeling sick**
- **If you have recently been to the hospital, schedule an appointment within 1 week after discharge**
- **Discuss a plan for diet and medications for when you are sick**
- **Diabetic patients: log your blood sugar readings**
- **Hypertension patients: log your blood pressure readings**
- **Bring all logs to your doctor’s appointments**
- **If blood pressure/blood sugar is higher than normal call your doctor**
- **Know signs and symptoms of a stroke: Sudden weakness on one side of the body, sudden confusion, trouble speaking, trouble seeing, trouble walking, and dizziness**