



## **Internal Medicine and Pediatrics of Bloomfield, PC**

**Steve Z. Kallabat, M.D., F.A.A.P**

**Azrael A. Paredes, M.D,**

**Jamie C. Baines, D.O.**

1109 W. Long Lake Rd. Suite 101

Bloomfield Hills, MI 48302

Ph: 248.723.2400 Fax: 248.723.5785

### **Annual Adult Wellness Exam**

The purpose of an adult wellness exam is to address therapeutic lifestyle changes to optimize overall health. Annual wellness exams may also be called a physical, yearly check-up, or preventive visit. This discussion includes:

- BMI (Body Mass index, height, and weight)
- Nutrition/ diet
- Nutrients/ Vitamins
- Importance of Exercise
- Blood Pressure
- Review of Female Screening Guidelines: (pap smear for cervical cancer, STD screening, self breast exams, mammograms screening for breast cancer, DEXA screening for osteoporosis)
- Review of Male screening Guidelines: (STD screening, testicular cancer screening, prostate cancer screening)
- Guidelines for Screening for colon cancer by colonoscopy
- Immunization review: Tdap, Hepatitis A and B, Shingles, Pneumonia, HPV,
- Fasting Labs: CBC, BMP, Lipid Panel, TSH
- Screening for cardiac disease: EKG
- Screening for pulmonary disease: PFT
- Other screenings:
  - One time Hepatitis C screening for adults 65 and older
  - Smokers: Guidelines for Low Dose CT screening for Lung Cancer
  - High Risk Cardiac Disease: Cardiac CT for Calcium Scoring
- Medication List Update
- Patient Portal sign up reminder for lab result explanations

An Adult Wellness Exam does not include discussion of new problems or detailed review of chronic conditions. Insurance does not pay for this benefit at the time of your yearly physical. We ask that the discussion be focussed on the above wellness topics. We'd be happy to see you for a follow up appointment to discuss any new or existing problems you may have.

**I agree with the above policy and if I have other health issues, I will make a separate appointment to discuss these issues.**

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_