

*We Want To Help You Prepare For Your*

# ANNUAL PHYSICAL

PMR is passionate about providing you with high quality preventative care using early diagnosis techniques and root cause medicine. We've designed our extremely comprehensive annual physical to test for a wider variety of health issues among a greater portion of age groups than any standard wellness exam in the open market. This helps your PMR medical team discover any potential health concerns before they become catastrophic.

Your annual physical with PMR will take two separate appointments for each patient.

## First Appointment: ~90 Minutes At The Clinic

To prepare for this appointment, please plan to:

- ✓ Arrive on time. You may receive 2 appointment reminders for this visit. Please come at the earlier time listed.
- ✓ Be very well-hydrated to improve your blood draw experience and to prepare for your urinalysis
- ✓ Bring a sweet/electrolyte heavy drink for after your labs are completed if you desire
- ✓ Bring your license, insurance card, and a list of current medications (or the bottles) with you to the appointment
- ✓ If preferred, wear a sports bra or a loose tank top with no underwire to cover your chest during your ECG

You will spend the first half of your appointment with the medical staff, completing:

- **Patient Paperwork:** A detailed patient history, consent forms, current medications, and more are reviewed.
- **Screenings:** A PHQ-9 and GAD-7 are typically provided for the patient to fill out.
- **Lab work:** A complex set of fasting labs are completed (12+ individual tests). The provider may opt to add additional lab tests to your individual visit based on your unique patient history or current conditions.
- **Urinalysis:** Your urine will be tested to check your kidney function for any indicators of disease.
- **Spirometry Test:** This lung capacity test is important for monitoring your lung volume, capacity, and flow rates.
- **Electrocardiogram (ECG):** This 10-lead test checks your heart rhythms for any sign of cardiovascular disease.
- **Visual Acuity & Color Blindness:** This screening checks for any changes to your vision or color vision.
- **Complete Vitals:** Including blood pressure, height, weight, BMI, and more.

You will spend the second half of your appointment with the practitioner:

- Completing your physical with a hands on examination
- Discussing any health concerns you have with the practitioner
- Reviewing your health goals

## Second Appointment: 30-60 Minutes At The Clinic

Your second visit will be spent with the practitioner, who will:

- Share your test results and the findings from your physical
- Discuss any changes or suggestions for your health plan and goals
- Order any additional testing needed based on your results and set you up for ongoing treatment
- Prescribe any medications needed for your new care plan