



TALKING WITH **EXPERTS:** CONVERSATIONS WITH YOUR HEALTHCARE PROVIDERS

Your health care providers can do an even better job of helping you reach the goals you set if you engage them in productive conversations. Here's how to get the most from every appointment.

1. Be honest and upfront about your health or chronic condition.
2. Write down a list of questions you wish to review.
3. Take notes about what the doctor says.
4. Learn how to access your medical records so you can keep track of test results, diagnoses, treatment plans, medications and to prepare for your next appointment.
5. Review your medical test results and ask questions about any test result you do not understand.
6. At your next visit, bring updated information and review it with your doctor.

Preparing for Your Primary Care Physician Visit

Blood Pressure: Take your blood pressure daily for two weeks before your visit and bring the results.

Family History: Ask for tests that affect your family members.

Blood Tests: Starting between ages 35 and 40, you should have your cholesterol and blood sugar levels checked to screen for heart disease and diabetes. Ask ahead if you need to make preparations such as fasting prior to the tests.

Thyroid Function: You also should be tested if you have unexplained weight loss, irritability, irregular heart rate, insomnia or muscle weakness (all symptoms of an overactive thyroid), or fatigue, depression, weight gain, dry skin or trouble concentrating (all signs of an underactive thyroid).

Prescriptions: Tell your doctor about any other drugs, herbs or supplements you're taking.

Unusual Symptoms: Describe anything abnormal—a rash, headaches, sadness, sudden weight gain or loss and fatigue.

TALKING WITH **EXPERTS:** CONVERSATIONS WITH YOUR FINANCIAL ADVISER



A financial adviser can evaluate the goals you set and help create a realistic road map to achieve them. To get the most out of a relationship with a financial adviser, follow these tips:

- Share your budget and plan.
- Discuss your goals and values.
- Be honest about your debt.
- Be aware –are you a saver or spender?

The following links offer downloadable worksheets. Complete these and share them with your financial adviser.

- [Net Worth](#)
- [Spending Plan](#)
- [Monthly Expense Tracking](#)
- [Insurance Inventory](#)
- [Account Numbers and Contacts](#)

Of course, you can choose to manage your money on your own. However, there are times when it's not recommended to go it alone. Consider contacting a financial adviser when:

- You start your first job.
- You get married or divorced.
- Your spouse dies.
- You receive a large sum of money, for example, an inheritance, bonus or big raise.
- You need to take care of aging parents.
- You have children.
- You want to pass your wealth via financial gifts.
- You are thinking about retirement.

Upcoming Events

February 7 is National Wear Red Day.

Join your fellow employees in wearing red to promote heart health awareness. Be sure to share your photos to the *MyHealth Connections* Facebook page. [Click here](#) to add this event to your calendar.