



WHAT TO EXPECT IN YOUR EXAM?

Consultation with a Family Practitioner

- A full review of your medical history, family history, allergies, drug reactions and immunizations.
- A full review of any complaints or symptoms you may be currently be experiencing.
- A review of all medicines and supplements you take regularly.
- A discussion about tobacco, alcohol, sexual activity, and substance use.
- You may also discuss health topics like weight control and exercise.

Basic Physical Examination

- Height, weight, and body temperature
- Blood pressure and pulse
- Eyes, eyesight, ears, mouth, neck, and skin
- Heart and vessels
- Lungs and breasts
- Abdomen and back
- Extremities, and musculoskeletal
- Urogenital
- Nervous system

Routine Diagnostic Tests

- Complete blood count
- Kidney and liver profile
- Urine analysis
- Fasting blood sugar*
- Fasting lipid profile*
- Calcium and vitamin D level
- Thyroid function
- Resting EKG (elektrogardiogram) or screening chest x-ray**
- PSA test (for men over 40)

*Your health provider may recommend additional tests, like x-ray, ECG, and/or vaccination based on information supplied in your consultation***

Notes

** The health maintenance exam will also always involve fasting for blood tests. You should ask for an early appointment.*

*** For additional lab tests or screenings not expressly listed above, there will be an additional fee. Please ask your doctor.*