



Choice Care

by
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Private Medical Services

How shall I prepare for my yearly physical?

- ∞ Gather all your medications and put them in a bag and bring them with you – this includes herbals, vitamins, and all medications over the counter or prescription that you have taken over the year
- ∞ Make a list of your questions.
- ∞ Bring a copy of your latest income tax form... (If you make more than \$20,000, we share.... So bring a check)
- ∞ Bring a friend or relative if you would like
- ∞ Bring a copy of all lab tests or procedural reports that have been done or ordered outside of this office
- ∞ Bring a copy of your vaccination report
- ∞ Bring your list of movie favorites
- ∞ Bring a copy of any notes taken during other doctor visits (to discuss here)
- ∞ Bring the name and phone number of any and all physicians or hospitals you have visited over the past year
- ∞ Bring a copy of your latest and most recent insurance card
- ∞ Bring a smile
- ∞ Bring 2 round trip tickets to New York City... Jet Blue out of Long Beach is fine.
- ∞ Plan on spending a good two hours with us... two of the best hours you'll spend this year, I'm sure

When I leave the office what should I take with me?

- ∞ Make sure you have all your belongings
- ∞ Make sure you take your prescriptions or you have arranged for us to fax them.
- ∞ Make sure you have all your questions answered
- ∞ If you haven't already picked up your pedometer, ask us for your Choice Care Gift
- ∞ Make sure you have a list of all your instructions or ask us to e-mail them to you
- ∞ Make sure you have the date of your next appointment here and all your testing appointments.
- ∞ Leave the furniture... it's nice but its mine....
- ∞ If you really want; you could help with the dusting and vacuuming and you can take the dirt home with you. It's free.
- ∞ And don't forget your..... C³ **Choice Care Compendium**

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