

PARAMOUNT ELITE (HMO/PPO) MEDICARE

# *healthy* AGING

USE THIS TO PREPARE FOR YOUR NEXT WELLNESS VISIT



 **PARAMOUNT**  
ELITE | MEDICARE PLANS

Health and wellness or prevention information

YOUR ANNUAL

# *wellness* VISIT

An annual wellness visit can help keep you healthy. It's the perfect time for you and your doctor to discuss how you've been feeling, preventive services you may need, and ways you can improve your overall health and well-being.

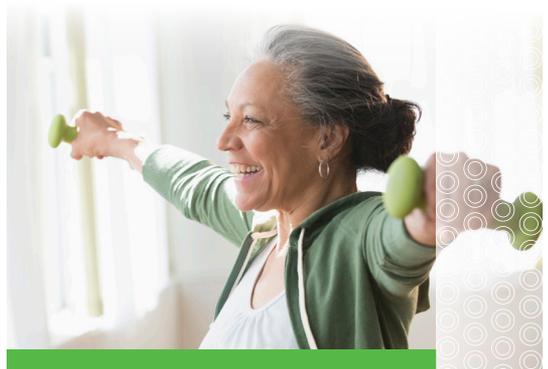
There is a connection between our mental health and our physical health. Mental illness can induce stress, weaken our immune system and affect our physical health. Mental illness can impair decision-making abilities, leading to difficulties in daily life.

If you're feeling depressed, anxious, or are having other trouble with thinking and emotions, talking with your doctor about your mental health could be the first step in feeling better. A variety of treatment options exist for different mental health issues.

## **PREPARING FOR YOUR ANNUAL WELLNESS VISIT\***

- Schedule an appointment with your primary care provider (PCP).
- Bring the bottles of your current medications.
- Write down the questions and topics you want to discuss during your appointment.
- Bring this booklet with you to your appointment.

\* See "Tips for Success"  
section of brochure



# Overall Health

## DID YOU KNOW?

The difference between an annual wellness visit and a regular preventative exam or check-up is that an annual wellness visit involves talking to your doctor about your health, rather than receiving a physical exam. Talk to your doctor or nurse today. Know that small changes can make a big impact to your overall health.

How often do I need a regular preventative exam or checkup with my PCP? What about other checkups? (dentist, eye exam, hearing exam)

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How often do I need other preventative screenings? (colonoscopy, mammogram, bone density, cancer screening, diabetes screening)

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What immunizations/vaccines should I have annually? (flu, pneumonia)

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If diabetic, what other tests should be discussed? (kidney, HbA1c, eye exam)

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## *Physical Health*

### **DID YOU KNOW?**

Exercise increases energy levels, improves balance and prevents disease. Talk to your doctor or nurse about a plan to get active.

What would be good exercise goals for me?

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What kinds of exercise would you recommend for me?

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What can I do to prevent disease and be my healthiest? (diet, exercise, other)

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# *Falls*

## **DID YOU KNOW?**

In older adults, falls are the most common cause of injury. If you have fallen, feel unsteady or notice your balance is off, talk to your doctor or nurse.

What can I do to reduce my risk of falling? (declutter, remove trip hazards, nightlight, grab bar, eye exam, reviewing medications)

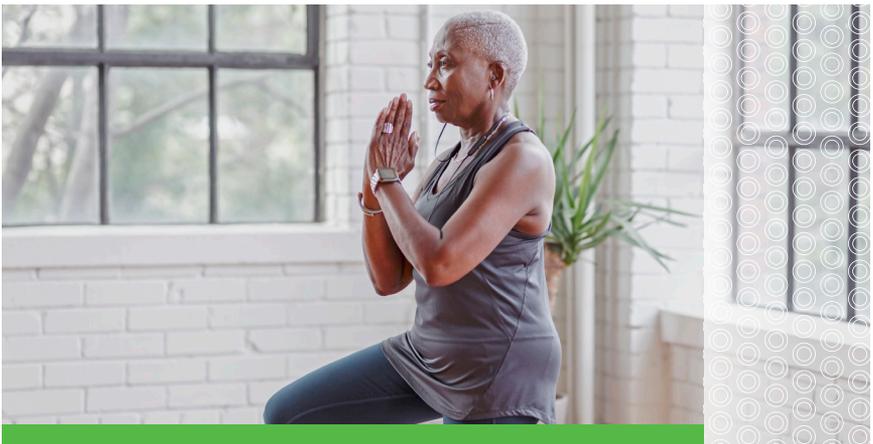
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What exercises can improve my strength and balance? (Silver Sneakers)

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## *Urinary Health*

### **DID YOU KNOW?**

More than 50 percent of older adults - both men and women - struggle with incontinence, which can be attributed to increased fall risk. Don't ignore your symptoms. There are more treatments than ever to help. Talk to your doctor or nurse.

What are my options to reduce or prevent urine leakage?

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## *Medication Review*

### **DID YOU KNOW?**

Taking medications, as prescribed, can help you feel better and prevent health problems. Review your medications - prescribed and over the counter - with your doctor. Talk with your doctor about problems or concerns you might have about your medications, such as:

- Your medication isn't working for you.
- You have new symptoms or side effects.
- You can't tolerate your medication.
- You don't want to take the medication.
- You struggle to remember to take your medications.
- You can't afford your medication.

To address your concerns, your doctor may change the drug or dose, or recommend a different treatment option.

Why was this medication selected for me?

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Are there side effects I should watch for?

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Are there foods or drinks I should avoid when taking my medications?

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Can I safely take vitamins with these medications?

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Is there a generic version of this medication?

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My insurance covers 90-day prescriptions, would you be able to prescribe a 90-day supply?\_\_\_\_\_

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USING YOUR

# *patient* PORTAL

A patient portal is a secure online website that allows you to see your personal health information and send messages and questions to your doctor's office without making an office visit. Many privacy and security features are used on patient portals. With a patient portal, you can see your:

- Lab results
- Immunization records
- Medication list
- Allergy information
- Discharge summaries, if you've been hospitalized

## USING A PATIENT PORTAL, YOU MAY ALSO BE ABLE TO:

- Ask for prescription refills
- Schedule appointments
- Download and fill out forms
- View educational materials

**If you have trouble accessing the portal, please contact Member Services.**



# *primary* CARE

## Important things to tell your doctor about:

- Any health or life changes since your last visit
- Any symptoms you are experiencing
- Any recent visits to the emergency room or hospital
- List your current medications including: prescription, over-the-counter and supplements; ask about any interactions
- All other doctors, specialists and mental health providers that provide care for you

## Medication review:

- Do you have any problems getting or taking your medications?
- Do you take medications to manage pain? Review pain management strategies with your PCP.
- If you refill your maintenance medications every month, would switching to a 90 day refill or a mail order pharmacy be better suited for you?

## Physical health:

- Do you ever feel unsteady or need extra support while walking? Have you had any recent falls?
- Does your health restrict daily activities like cooking, cleaning, bathing or exercise?
- What is your energy level? How much and what type of exercise is right for you?
- Any issues with bladder control (incontinence)? Does it keep you from exercising, socializing, or sleeping?

## Emotional health:

- Are you having any anxiety, stress or problems sleeping?
- Any problems with memory loss?
- Do you have any concerns about substance, e.g., tobacco, vaping, drugs or alcohol, use for yourself or a loved one?
- Have you been feeling sad, hopeless or find yourself crying often?
- Are you feeling lonely or isolated? Who is there to support you? Do you feel safe?

## Important health checks you and your doctor should complete:

- Check your weight
- Check that your blood pressure is at a healthy level
- Check that you are up to date on immunizations/ shots, including a flu shot and COVID-19 vaccines
- Check if you're due for any screening tests (mammogram, colonoscopy, bone density, other)
- Ask about a hearing test
- Check whether you are due for routine lab work

## If you have diabetes, talk to your doctor about:

- Hemoglobin A1c tests (HbA1c)
- Foot exams
- Cholesterol checks
- Kidney health monitoring
- Eye exams to check for diabetes related changes
- Statin medications, even if your cholesterol levels are normal



