

Telephone Directory

Customer Service

(941) 748-4501  
ext 6415 and ext 6417

(941) 741-2960

Employee Health Benefits

(941) 748-4501 ext 6403

Member Advocacy

(941) 748-4501 ext 6407,  
ext 6409, and ext 6411

Lifestyle Assistance and  
Modification Program (LAMP)

(941) 741-2995

Diabetes/Nutrition Program

(941) 748-4501 ext 6410

Communications Coordinator

(941) 748-4501 ext 3967

Fitness/Exercise Programs

(941) 748-4501 ext 3979

Pharmacy Advocate

(941) 748-4501 ext 6406

Prescription Solutions

(800) 797-9791

Precertification

(941) 741-2963

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[www.ManateeYourChoice.com](http://www.ManateeYourChoice.com)

**Yearly Wellness Exams**



**Tips to Get the Most out of Your Wellness Exam**

It is important to prepare before you go for your annual wellness exam. Knowing what to bring with you and what to ask can help you to get the most out of your appointment. The chart below lists some tips to help maximize the benefits of your doctor's visit.

Schedule an appointment first thing in the morning or immediately after lunch for possible shorter waiting times.

Have your insurance card and all required medical cards with you when you visit the doctor.

Make a list of all medications you take, or bring your medications with you. Include over the counter drugs or herbals.

Prior to the visit, write down your questions for the doctor. List the questions that are most important to you first in case there is limited time.

If your doctor writes a prescription for you, ask if it is available generically- Your doctor can use the Manatee drug look up tool.

Arrive early to fill out any paperwork that may be necessary.

Bring someone with you if you feel that you will have difficulty remembering important information.

Ask your doctor if you need to do anything before you arrive for your appointment. Some blood tests require you to not eat beforehand.

Let the doctor know if you don't understand any of the terms that he or she has used, if they are going too fast, or if you are overwhelmed by the amount of information.

**Healthy Smiles and Healthy Bodies**

Did you know that keeping your mouth healthy can help keep your whole body healthy? Germs from your mouth can get into your blood and travel to other places in your body, including your heart. Be sure to brush your teeth, floss, and go to the dentist regularly.

Some people need to take antibiotics before going to the dentist to have their teeth cleaned, a tooth pulled or some other procedure. The antibiotic is meant to prevent heart infections caused by germs from the mouth, skin and elsewhere. You may need an antibiotic if you have any of the following:

- Artificial heart valves
- A history of heart infections
- A problem in a heart valve from a heart transplant
- Certain serious heart conditions present since birth




If you are not sure if you fit one of the categories, ask your cardiologist (heart doctor) if you need an antibiotic before dentist appointments. People who have had a total joint replacement, such as a knee or hip replacement, may need antibiotics too. Ask your doctor or dentist if you have any questions.

Only people who have a prescription from a doctor should take antibiotics before going to the dentist.

## Why Does My Doctor Do That?

Experts recommend that everyone visit their doctor once a year for a wellness exam (sometimes called a “physical”). You’ve probably had a lot of wellness exams throughout your life and wondered, “why do they do that?” While each doctor may do things a little differently, doctors and their staff usually ask questions to learn about your health history and any recent symptoms or problems that you are having. Your doctor will also do various tests, such as the items listed below, to assess your general health and wellness. Along with a basic assessment, some doctors also perform routine laboratory tests. This could include a urinalysis and/or a complete blood count (CBC) among others.

Test	What They’re Looking For
Blood Pressure	Your blood pressure helps determine your heart health & risk of heart attack or stroke <ul style="list-style-type: none"> <li>• Normal blood pressure is &lt;120/80</li> <li>• Pre-hypertension (pre-high blood pressure) is 120-139/80-89</li> <li>• Hypertension (high blood pressure) is &gt;140/90</li> </ul> 
Heart Rate (Pulse)	Values of 60-100 are normal, but healthy people, especially athletes, have heart rates below 60. Your pulse is a measure of your general health and fitness level.
Respiration Rate	A respiration rate around 16 is normal. Heart and lung problems can be detected with a respiration rate greater than 20.
Temperature	Normal is 98.6°F. Healthy people can have temperatures slightly above or below this. High temperature could be caused by infection, some drugs, or diseases such as arthritis.
General Appearance	Just by looking at you and talking with you, your doctor can assess your mental clarity, skin appearance, and how easily you can stand, walk, and move around.
Lungs	Wheezing, crackling, or decreased breath sounds assess heart or lung disease.
Heart	Irregular heartbeats or murmurs can be detected with a stethoscope.
Neurological Function	Your doctor may test your muscle strength, reflexes, balance, and mental state.
Abdomen	Tapping your abdomen can detect liver size or abdominal fluid. A stethoscope may be used to check bowel sounds. The doctor may also feel for tenderness.
Skin	Problems with skin or nails could indicate a dermatological condition or fungal infection. These could also be signs of disease elsewhere in the body.
Head and Neck	Your doctor could look down your throat to check your tonsils, teeth, and gums. Your sinuses, ears, nose, and eyes may also be examined.
<b>Men Only</b>	
Hernia	Turning your head and coughing helps to check for weakness in the abdominal wall.
Prostate	Size and suspicious areas are evaluated to check for prostate cancer.
<b>Women Only</b>	
Breasts	Abnormal lumps could indicate breast cancer or a harmless condition. Lymph nodes in the underarm may also be evaluated.

## One Place Where You Shouldn’t Hide Your Age

Different screenings should begin at different ages. The chart below lists some of the most common screening tests and at what age they should be done.



<b>Basic Wellness Exams- should be done yearly</b>	<b>Cholesterol- Every 5 years after age 20</b>	<b>Mammograms- Yearly starting at age 40 for women</b>	<b>Colorectal cancer screenings- Start at age 50</b>	<b>Prostate screenings- Yearly at age 50 for men</b>
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Manatee County Government’s Center for Health & Lifestyle Management \* [www.ManateeYourChoice.com](http://www.ManateeYourChoice.com)

### Manatee Health Disclaimer

The information in this newsletter is not a substitute for medical advice. It is for reference only and should not be used to determine treatment for your specific medical conditions-only a health care provider can do this. You should seek prompt medical care for any specific health issues and consult you physician regarding the use of over-the-counter products to treat any medical condition or consult your physician regarding the use of prescription or over-the-counter products to treat any medical condition or before starting any new diet, fitness, or supplement regimen.

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