

Annual Exam Update Name _____ Age _____ Date of Exam _____

☺ **ASK US ABOUT HIGH QUALITY NATURAL SUPPLEMENTS** made in an FDA registered drug facility, meeting or exceeding standards for drug manufacturing.

HOW DID YOU HEAR ABOUT US? _____

1. How you will get your results quickly:

We are working with Quest Diagnostics to establish a secure personal medical record. After you establish an account with Quest Diagnostics/Care 360, I can transfer the results of your Quest Lab pap smear and blood test to any one of the four Health Management Services. In the case of blood work, you can get your results transferred in about 48 hours. For pap smears, we are seeing 10-14 days. Setting up a Quest Diagnostics account is easy, safe and secure. You will have access to your health data where ever you go in the world or on the peninsula! Ask Jane for an information sheet.

If declining results online, you can call to arrange for a pick up of your paper results in 2 weeks or make an office visit.

2. Do you have a primary care MD? _____

3. Since your last medical visit, have you had any new problems? _____

4. Any new medications? _____

5. Labs will be sent to Quest unless you advise us otherwise: _____

6. Mammograms are recommended after age 40 to screen for breast cancer.

I request a mammogram be ordered: _____ I refuse mammography _____

7. Colonoscopy or home fecal blood testing is recommended after age 50 to screen for colon cancer.

I request screening _____ I refuse screening _____

8. Human Papilloma Virus (HPV) testing as a part of your annual pap smear is now recommended.

I request screening _____ I refuse screening _____

9. My last period was: _____

10. Any problems you would like addressed in addition to the annual GYN Well Woman Exam? _____

11. What is your preferred pharmacy? _____