



Understanding Preventative Screening Please Read and Sign

Dear Patient,

This waiver is intended to ensure that you, our valued patient, understand what will be addressed during your annual preventative appointment.

A routine Annual Preventative exam is a preventative focused screening. It is not problem focused visit.
Your scheduled appointment today is only to address your annual wellness exam.

At your preventative exam, the healthcare provider will review:

- Past medical, social and family history
- Update your charts medication list to ensure it is up to date
- Routine vaccinations that might be due
- Age and gender appropriate screening tests (i.e. annual routine bloodwork, blood pressure screening, pap smear, mammogram, colonoscopy).
- **If your results are within normal limits, we will send you your results via the pt. portal. If your screenings are not within normal limits, our staff will call you and get you on the schedule ASAP for a follow up visit with your medical provider so that you fully comprehend your results, review your treatment plan and are in agreement with the treatment plan given.**

Services that are not covered during a preventative exam include:

- New or recurring health problems and/or injuries
- Medication changes/adjustments and refills
- Problem specific referrals to specialists

By signing below, I _____ acknowledge that I have read

PRINT Patient's Name

the above information and understand that I am scheduled for my routine annual preventative exam and that I have not been scheduled for a problem visit.

Patient signature

Today's Date

Sleep Disorder Questionnaire

Patient Name: _____ Height: _____
 Email: _____ Weight: _____
 Gender: M F BMI: _____ DOB: _____ Neck Size: _____

Please circle answer:

Do you snore:	None	Soft	Moderate	Loud	Disruptive
Snoring can be heard outside of the bedroom				Yes	No
Snoring is present only when sleeping on back?				Yes	No
Do you have unexplained awakenings from sleep?				Yes	No
Do you awaken from sleep gasping for air or choking?				Yes	No
Do you notice frequent twitching or jerking of legs while asleep?				Yes	No
Do you lack energy upon waking in the morning?				Yes	No
Do you have a headache upon waking in the morning?				Yes	No
Do you often lay in bed unable to fall asleep?				Yes	No
Do you wake up during the night and are unable to fall back asleep?				Yes	No
Do you find it difficult to stay awake during the day?				Yes	No

*****If you have answered YES to any one of the above questions please consult with your doctor*****

Epworth Sleepiness Scale

How likely are you to doze off or fall asleep in the following situations, in contrast to feeling just tired? This refers to your usual way of life in recent times. Even if you have not done some of these things recently try to work out how they would have affected you. Use the following scale to choose the most appropriate number for each situation.

Please answer with a 0 to 3

0 = Would never doze 1 = Slight chance of dozing
 2 = Moderate chance of dozing 3 = High chance of dozing

Sitting and reading	_____
Watching T.V.	_____
Sitting inactive in a public place	_____
As a passenger in a car for an hour without a break	_____
Lying down to rest in the afternoon	_____
Sitting and talking to someone	_____
Sitting quietly after lunch without alcohol	_____
In a car, while stopped for a few minutes in traffic	_____
Total Score	_____

*****If your Epworth score is 10 or greater please consult with your doctor*****

Physician Name: _____
 Phone: _____ Fax: _____

Sleep Questionnaire Provided By REM Sleep Labs (888) 866-1211

Understanding your preventive care benefits



Seeing your doctor once a year for a preventive care visit (also known as an annual routine checkup) can help catch small problems before they turn into big, costly ones.

Even if you're feeling fine, scheduling an appointment with your doctor for preventive care services is important. Through a preventive exam and routine health screenings, your doctor can determine your current health status and detect early warning signs of more serious problems.

What's covered in a preventive care visit

The University of California Medicare and non-Medicare plans cover 100% of the costs for preventive health services when care is provided through network providers. (UC Care members can access preventive care through UC Select and Blue Shield Preferred providers.)

During your visit, your doctor will determine what tests or health screenings are right for you based on factors such as your age, gender, health status, and health and family history.

Examples of covered services include:




- Physical exams
- Immunizations
- Select screenings

What's not covered

If you discuss medical concerns or current illnesses, the entire visit may be considered a medical treatment visit and would not be covered as preventive care. You will be required to pay the plan's physician office copayment or coinsurance.

Preventive or not?

Here's a list of some common services that may or may not be covered during a preventive care visit. For a full list of covered services, including recommended screenings and tests by age and gender, visit blueshieldca.com/preventive.

Type of service	Services covered under preventive care	Services considered medical treatment requiring payment
 <p>Physical exam This exam is prevention focused, not problem focused.</p>	<p>Routine physical exams where your doctor reviews the following:</p> <ul style="list-style-type: none"> • Past medical, social, and family history • Medications • Age-/gender-appropriate screening tests 	<ul style="list-style-type: none"> • New health problems discussed with your doctor during your visit • Diagnoses that need to be addressed such as high blood pressure, diabetes, skin rash, and headaches
 <p>Immunizations Your doctor will advise on recommended immunizations that can protect against a number of serious diseases.</p>	<ul style="list-style-type: none"> • Flu vaccination • Hepatitis A & B • MMR (measles, mumps, rubella) 	<p>Many travel vaccines are not covered including:</p> <ul style="list-style-type: none"> • Typhoid • Malaria • Rabies
 <p>Screenings Your doctor will determine what tests or health screenings are needed based on your age, gender, and overall health status</p>	<ul style="list-style-type: none"> • Breast cancer mammography screenings for women over age 40 • Colorectal cancer screening for adults over age 50 • Blood pressure screening for all adults • Cholesterol screening for adults of certain ages or at higher risk 	<ul style="list-style-type: none"> • If abnormalities are found, and additional testing and follow-up procedures are needed during mammography or colorectal cancer screenings • Request for a vitamin D level check to test for bone and muscle development and function • Request for a vaccination filter test to measure the antibodies in your bloodstream to determine if you have an acceptable amount of a vaccination