



**General Health:**

How is my health overall?

Are my screening tests up to date?

Are my immunizations up to date?

Are all my tests normal? (BMI, BP, lungs, heart, skin)

What blood work do I need to have done?

What suggestions do you have to improve my health?

Ask your provider about these tests:

<b>Type of Test</b>	<b>What it's looking for</b>
Blood pressure (BP)	The force of blood against your blood vessels
Body Mass Index (BMI) for adults	A number based on your weight and height
Body Mass Index (BMI) for children	A number based on a child's weight and height compared to other children of the same sex and age
Lousy or bad cholesterol (LDL)	Fat in the blood that can build up and cause heart disease
Healthy or good cholesterol (HDL)	Fat in the blood that is good and can help you avoid heart disease
<b>Diabetic tests</b>	
Blood sugar or Glucose (BG)	How much sugar is in your blood right now
Glycohemoglobin (A1C)	Average amount of sugar in your blood for the past 3 months