

**Thank you** for welcoming us into your home today. You and your primary care provider (PCP) will both receive letters summarizing the visit and any lab results.



**Providers:** Fill out the form and document any concerns from the In-Home Health Evaluation for the member to review with their PCP.

Your next PCP visit is on: \_\_/\_\_/

### Vital Signs

Temperature

Blood Pressure



Heart Rate



Height

Weight

BMI

Pulse Ox

### Labs, Tests, and Services Completed During the Visit

HbA1c (average blood sugar) \_\_\_\_\_

eGFR Test: \_\_\_\_\_

Urine Albumin \_\_\_\_\_ / Creatinine \_\_\_\_\_

Normal

Abnormal

Inconclusive

Bone Density Screening

Normal bone density range

Osteopenia range

Osteoporosis range

Spirometry\*

Normal \_\_\_\_\_

Abnormal \_\_\_\_\_

Inconclusive

Diabetic Eye Exam\*

Peripheral Artery Disease (PAD) Screening

**Left Leg**

**Right Leg**

Normal (1.0-1.40)

Normal (1.0-1.40)

Borderline (0.9-0.99)

Borderline (0.9-0.99)

Mild (0.6-0.89)

Mild (0.6-0.89)

Moderate (0.3-0.59)

Moderate (0.3-0.59)

Severe (0.0-0.29)

Severe (0.0-0.29)

Results pending\*

Results pending\*

Colorectal Cancer Screening\*\*  
(FIT lab kit left behind with instructions)

Comprehensive Medication Review (CMR)\*

Non-urgent referral to Pharmacist or PCP

Urgent referral to Pharmacist or PCP

EKG Patch

\*Results will appear in a follow-up letter after the visit.

\*\*Results provided after kit is mailed back by the member.

### Additional Tests and Notes

---



---

### Drug Disposal Locations

1. \_\_\_\_\_ 2. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Unused or expired medications should be properly disposed. To learn more, or find a safe drug disposal location, please visit: [hhs.gov/opioids/prevention/safely-dispose-drugs/index.html](https://www.hhs.gov/opioids/prevention/safely-dispose-drugs/index.html) or [apps.deadiversion.usdoj.gov/pubdispsearch](https://apps.deadiversion.usdoj.gov/pubdispsearch)

## Based on our visit today, we recommend you take the following actions:

### Talk to your primary care provider (PCP) about your medication plan:

- Talk to your PCP about aspirin.
- Go over your medications with your PCP or pharmacist.
- Figure out a way to make it easier to take your medicine. Ask your PCP, pharmacist, or health plan for help.

### Stay up to date on your vaccines:

- Go over your vaccination plan with your PCP (yearly).
- Flu vaccine (yearly)
- Pneumonia vaccine
- Shingles vaccine (once or twice after age 50)
- Tetanus/diphtheria/pertussis (Tdap) (every 10 years)
- Hepatitis vaccine (if needed)
- COVID-19 booster (if needed)

### Talk to your PCP about these important health screenings:

- Eye exam
- Blood screening
- Bone density screening
- Colorectal cancer screening
- Aneurysm screening (once for men ages 65 to 75 if they have ever smoked)
- Prostate cancer screening (men older than 50)
- Breast cancer screening and/or counseling (especially for women whose family history has breast cancer)
- Dental exam

### Tips for general health and wellness:

- Monitor blood pressure if it is higher than normal.
- Talk about bladder control problems with your PCP.
- Create a Living Will to plan ahead.
- Find new ways to improve your eating habits, increase your activity level and maintain your weight.
- Talk about feelings. Call or text the 988 Suicide & Crisis Lifeline if you are experiencing mental health-related distress.



### If you have diabetes or are at risk for diabetes – talk to your PCP about the following:

- Testing for A1c, cholesterol, and kidney health
- Medicine that might help your kidneys (ACEi, ARB)
- Medicine to lower your cholesterol (statins)
- Nerve screening (yearly)
- A diabetes self-management program (yearly)
- Scheduling an eye exam (yearly)

### If you have heart failure – talk to your PCP about the following:

- Medications that might help (diuretics, ACEi, ARB)

### Fall risk – How to prevent a fall:

- Add more lighting so you can see obstacles on the floor.
- Add handrails in hallways and/or bathrooms.
- Put non-skid material under loose rugs or remove them entirely.
- Consider making it easier to access your home by adding a ramp or a railing.
- Consider a fall reduction program and talk to your doctor about ways to prevent falls.

### Tobacco use:

- Participate in a program to help you stop smoking. Your PCP or health plan can get you started
- Talk to your doctor about a lung cancer screening.

### Other:

---

---

---

---

If you have any questions or want to give us some feedback, please call **Signify Health Member Services at 855-319-4448 (TTY: 711)**, Monday through Friday, 7 a.m. to 6 p.m. and Saturday 8 a.m. to 5 p.m. Central Time, or visit **signifyhealth.com**.

**This visit does not replace your annual wellness visit with your PCP.**

**Keep a record of your vitals, medications and other required medical information in one place.**