

# The Journey of Your Best Life!

These questions will help you focus on every aspect of your health. Make sure you bring this flyer to your next visit with your Primary Care Physician (PCP) to discuss.

## 4. Fall Prevention

In the past 12 months have you had a problem with your balance, walking, or have you fallen? Your PCP can assess your risk and provide suggestions to help avoid falling. Regular vision and hearing tests can help.

Share with your provider all medications and supplements that you are taking as some medications may make you more prone to falls.

START  
HERE

## 1. Physical Health

How would you rate your physical health?

- Excellent
- Very good
- Good
- Fair
- Poor

Your awareness of your health has powerful impacts on your ability and motivation to make lifestyle changes.

## 2. Physical Activity

In the past 12 months have you talked with a physician about your exercise habits or physical activity?

Before starting a new exercise routine, make sure you discuss the type of fitness plan that will work best for you with your PCP. Remember that a SilverSneakers® fitness membership is included with your KelseyCare Advantage plan.

## 3. Mental Health

How are you feeling mentally?

How often during the last month have you:

- Felt calm or peaceful
- Had a lot of energy
- Felt sad or down

It can be hard for people to talk about their feelings, but mental health is just as important as your physical health. Your physician can work with you to form a mental health prevention and treatment plan.

## 5. Bladder Control

Do you find yourself often rushing to the toilet or avoiding social gatherings? Many people suffer from urinary incontinence (urine leakage). If left uncontrolled, it could lead to falls, isolation, and depression.

Rushing to the restroom, especially at night, increases your chances of falling. Don't let embarrassment get in the way of discussing treatment options. Your Kelsey-Seybold physician can work with you on treatment options.

## 6. Care Coordination

All Kelsey-Seybold Clinic physicians have access to your medical records to better coordinate your care. So, you'll never have to worry if they're seeing the latest information regarding your health! However, if you see a provider or seek care outside of Kelsey-Seybold, be sure to tell your physician so that this information can be included in your medical record.

## 9. Getting Necessary Care

Discuss your treatment plan with your physician and ask questions so that you understand why they consider certain types of care and tests essential to your health.

## 10. Getting Care Quickly

If there is a delay in obtaining an appointment with your PCP please call the appointment line at 713-442-0000 (TTY: 711) and ask about any other providers that may be available to see you sooner. Remember, you can go to any Kelsey-Seybold location to receive your care.

## 11. Prescription Drugs

How easy has it been to get the prescription drugs you need using your KelseyCare Advantage plan? Discuss any issues that you may have experienced with your physician to come up with the best solution, including them possibly prescribing a different medication that is covered by the plan.

To ensure you receive your prescriptions easily and on time, we offer multiple ways to help!

- Pick-up your prescription from **any** Kelsey Pharmacy
- Kelsey Pharmacy mail delivery
- Kelsey Pharmacy same & next day Courier Delivery, at no cost!
- CVS Retail Store & Mail Order
- HEB Pharmacies

Refills can be requested online at [kelseypharmacy.com](http://kelseypharmacy.com), with the Kelsey Pharmacy app, or by calling the Kelsey Pharmacy location.

## 7. Health Care Quality

From 0 to 10, what number would you use to rate your healthcare experience in the last six months? Discuss your experience with your physician so that they can learn from it and make improvements.

## 8. Flu Vaccine

Get a flu vaccine! The CDC reports that hundreds of thousands of people are hospitalized each year, and thousands die each year, from flu-related causes. The flu changes each year, so the best protection is to get vaccinated annually. Talk to your doctor about the best time of the year to get vaccinated.