



Physical Exam Information

What does a physical exam typically entail?

- The complete physical, or periodic health examination, should answer one or more of the following questions: (1) “Am I in the early stages of a disease that, if detected, can be cured or forestalled?” (2) “Are there lifestyle changes I can make that will improve my health and well-being?” (3) “Can I get information about my specific health concerns?” *
- The above will often be accomplished with a *comprehensive history and physical exam*
- Labwork may be indicated based upon the above
- Multiple medical problems may be *identified and often a follow up office visit* will be required to go into more detail and focus in these areas

Why can't the health care provider address every problem at the time of the physical?

- Many times the health care provider *would like to* do this because it is *more efficient* for you and for us. However, schedule constraints and **insurance limitations** often prevent this.
- Often times the health care provider will try to accommodate additional concerns at the time of the physical, but this *may result in an additional co-payment fee or charges that get applied to a deductible.*

As always, we try to do our best to effectively and efficiently manage your healthcare. If you have questions or concerns regarding the above, please review with your health care provider.

I have read and understand the above.

Signature of Patient or Legal Guardian

Printed Name

Date

* American Academy of Family Practice