

Starting a Conversation with Your Physician

To help you make the most out of your annual physical exam, we've put together a list of questions you might use to start a conversation with your doctor. Before your appointment, print out these questions or bring them up on your mobile phone to review, so you're prepared.



Questions to Consider

1. What health screenings or blood tests do I need?
2. How will I know if all my results are within normal ranges?
3. Are there any lifestyle changes I should consider to improve my overall health and wellbeing?
4. Considering my age, gender, health status, and family history, what should I be aware of for the future?
5. What vaccinations do I need?
6. Do you have all my current prescriptions in my file and are they still relevant?
7. What's next?

Important Things to Know

- Complete blood count (CBC) chemistry panels, like iron, kidney and liver function, and urinalysis, are not covered as preventive care. Below is a list of preventive care CBC data elements that are covered at 100% under your DuPont Medical Plan.
 - White blood cell count (WBC or leukocyte count)
 - Red blood cell count (RBC or erythrocyte count)
 - Hematocrit (Hct)
 - Hemoglobin (Hgb)
 - Mean corpuscular volume (MCV)
 - Mean corpuscular hemoglobin (MCH)
- In most instances, the physician will send your CBC results to a patient portal or email.
- If you schedule a second appointment to review any out-of-range CBC results, this will be considered a billable diagnostic visit to discuss a treatment plan.