



WHAT TO EXPECT DURING MY WELLNESS VISIT

MEASUREMENTS

- > Height
- > Weight
- > Blood Pressure
- > Heart Rate
- > Respiratory Rate
- > Calculation of Your Body Mass Index

REVIEW OF LIFESTYLE CHOICES

- > Diet
- > Exercise Patterns
- > Smoking Status
- > Alcohol Use

BEHAVIORAL HEALTH FACTORS + SCREENING

- > Depression
- > Stress
- > Anxiety
- > Sleep Issues
- > Memory/Cognitive Issues

LABORATORY TESTS + SCREENINGS

(MAY DIFFER BASED ON HEALTH HISTORY, AGE, AND SEX)

- > Complete Blood Count (CBC)
- > Prostate Cancer Screening (PSA)
- > Diabetes Screening
- > Cholesterol Screening

SOCIAL DETERMINANTS OF HEALTH

- > Review comprehensive family and personal medical history together
- > A personalized physical exam and review of systems
- > Anticipatory guidance, risk factor reduction interventions or counseling
- > Treatment options for any current conditions
- > The ordering of appropriate immunizations or laboratory/diagnostic procedures
- > Management of insignificant problems

WELLNESS EXAMS

When you think of a wellness exam, what is top of mind?

Scheduling, wait times, paperwork, facility, bills, being told to lose weight, exercise more—leaving with a diagnosis (the what) and not being connected with next steps (the how)?

The PIVOT Health difference — connecting the WHAT with the HOW one PIVOT at a time!

We ensure that you will leave your visit feeling inspired, connected and with the right tools to accomplish what it is you have set out to accomplish.

At each visit we ask **YOU** how **YOU** are ready to **PIVOT**, and this is where our journey begins!

BOOK YOUR ANNUAL WELLNESS EXAM WITH PIVOT HEALTH TODAY!



ECONOMIC STABILITY	NEIGHBORHOOD + PHYSICAL ENVIRONMENT	EDUCATION	FOOD	COMMUNITY + SOCIAL CONTEXT	HEALTH CARE SYSTEM
EMPLOYMENT	HOUSING	LITERACY	HUNGER	SOCIAL INTEGRATION	HEALTH COVERAGE
INCOME	TRANSPORTATION	LANGUAGE	ACCESS TO HEALTHY OPTIONS	SUPPORT SYSTEMS	PROVIDER AVAILABILITY
EXPENSES	SAFETY	EARLY CHILDHOOD EDUCATION		COMMUNITY ENGAGEMENT	PROVIDER BIAS
DEBT	PARKS	VOCATIONAL TRAINING		DISCRIMINATION	PROVIDER CULTURAL + LINGUISTIC COMPETENCY
MEDICAL BILLS	PLAYGROUNDS	HIGHER EDUCATION			QUALITY OF CARE
SUPPORT	WALKABILITY				