



Healthcare information you can trust

Maine Health Management Coalition

How do I get quality care? Ask. Learn. Decide.

Get Check-ups and Medical Tests Right For You

Ask: If I'm mostly healthy, what routine check-ups and tests do I need?

Learn: Expert national guidelines can inform you and your doctor about check-ups and tests to help keep you healthy. These are largely based on your age and gender. Your doctor may also consider your family medical history. Ask your doctor:

- What are the national guidelines about check-ups and tests for someone like me? Do you have office systems in place that will help us follow the guidelines, such as a reminder system for appointments and tests?
- What are my biggest health risks and what can I do to prevent problems?
- What good health habits are most important for me? How can I get started and stick to them?

To find national guidelines on check-ups and tests, go to:

www.mhmc.info/checkups

Ask: If I have a long term condition such as asthma, diabetes, heart failure, or depression, what routine check-ups and tests do I need?

Learn: Expert national guidelines can inform you and your doctor about when and how often certain check-ups and tests should be done as part of your overall treatment plan. Studies have shown that patients stay healthier when the guidelines are followed. Work with your doctor to manage your condition.

- What are the national treatment guidelines for someone with my condition? How often do I need to come in and how often are certain tests scheduled? Do you have office systems in place that will help us follow the guidelines, such as a reminder system for appointments and tests?
- What medicines do I need to take? What do they do? How should I take them? What are the side effects? When should I call you?
- How do I need to check on symptoms at home? What should I do if my symptoms are getting worse?
- What else do I need to do to manage my condition?

To find out which medical practices use office systems to help manage care, go to:

www.mhmc.info/doctors

To locate accurate information and treatment guidelines for many health conditions:

www.mhmc.info/healthfinder

Decide: Am I working well with my doctor to manage my health? Are we following national guidelines for check-ups and tests right for my age, gender, and condition?
Are we both using systems to keep track of how I'm doing and any next steps?