Your primary care doctor is the best resource you have to keep you on the path to good health. Don’t feel like you have to hurry through your appointment. Take the time to ask questions. Here are some examples:

How can I reduce my risk of falling?
As we age, our bodies change. But the good news is that many falls are preventable through simple safety measures, daily exercise, and lifestyle changes.

How much should I exercise?
Regular exercise can prevent or delay chronic health conditions like diabetes and heart disease; reduce arthritis pain, anxiety, and depression; and help you stay independent.

Should I have a test for osteoporosis?
While there are treatments for osteoporosis, prevention is very important because there is no cure for this disease.

Why do I need a flu vaccine?
The very best way to avoid the flu is to get vaccinated. Medical experts decided that everyone who is six months old or older should get a flu vaccine this season.

Why do I need a pneumonia vaccine?
The Centers for Disease Control and Prevention (CDC) recommends that all adults age 65 and older be vaccinated against pneumococcal disease, especially those with certain health risks and long-term health problems.

What about preventive exams and tests?
If you practice healthy behaviors, stay current with preventive exams, manage existing illnesses, and continue to engage with family and friends, you’ll be more likely to remain healthy, live independently, and have fewer health-related costs.

Patients should take an active role in their health. Talking to your doctor is an important step on the way to a healthier lifestyle. Be an active participant in your health – start by taking the time to talk to your doctor.

UPMC Health Plan