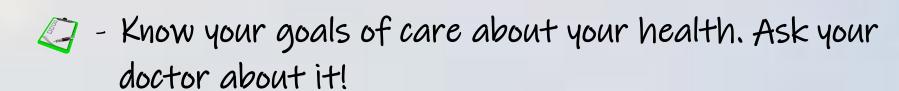
## How to be a Healthy Akamai Patient...



- Ask about the Advanced Healthcare Directive and if you have one in your file.
- d Bring all your medications to your appointment.
- Ask the doctor for refills <u>at the time of your appointment</u>. This saves time for everyone.
- Know your Blood Pressure (BP) it should be below
  140/90.
- Know your A1C. If you are a diabetic, it should be below
  9.
- Get your influenza shot every year.
- Over 50? Keep up-to-date on your immunizations and health screenings for diabetes, colon cancer, and breast cancer.
- Focus on improving your well-being and make healthy food and life choices.
- Move/exercise daily! All it takes is 15 minutes to make a difference.
- No food or drinks in the office.
- Turn off your cell phones. If you need to make a phone call, please step outside.

MAHALO!

The Family Medicine Center