

# How to be a Healthy Akamai Patient...



- Know your goals of care about your health. Ask your doctor about it!



- Ask about the Advanced Healthcare Directive and if you have one in your file.



- Bring all your medications to your appointment.



- Ask the doctor for refills at the time of your appointment. 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