



## Five Things You Should Know About an In-Home Health Assessment

**Thousands of people will have an in-home health assessment this year—let's make sure you're one of them.**

- 1 Imagine sitting down at your kitchen table with a clinician who can take your full medical history, review your medications, check your vital signs (which includes taking your blood pressure and listening to your heart rate) and answer your questions—without being rushed. That's what this is. During the visit, you'll be able to meet with a provider for 45 minutes to evaluate your health and go over any concerns. Our clinicians are deeply committed to giving you the time and attention you deserve.
- 2 We share all results with your provider. We make sure that your Primary Care Physician (PCP) receives a full report on your health to better assist in managing your health care. You also get a one-page summary.
- 3 This service is offered to you yearly by your health plan. Remember, this is totally voluntary. Your plan stays the same whether or not you choose to participate.
- 4 Getting ready is easy. You don't have to fast, because we don't draw blood or do any invasive procedures. Just have your current prescriptions and over-the-counter medications handy for the provider to review. If it makes you more comfortable, you can invite a friend or family member to be there with you.
- 5 You'll still continue to see your regular doctor as you normally would. You'll keep your scheduled appointments, and any specialists you already see. We may recommend additional care based on our evaluation, which would be supervised by your doctor.

**Call today to set up your appointment with Signify Health.**

**1-855-746-8710**

TTY users, call 711. Questions? We're here to help. Mon.–Fri., 8 a.m.–6 p.m. CT



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ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 1.888.389.6648 (رقم هاتف الصم والبكم: 711).