

Annual Physical vs. Biometric Screening

What's the difference?

ANNUAL PHYSICAL WITH YOUR PRIMARY CARE PROVIDER

A primary care provider (PCP) can treat you when you're sick and also help to keep you healthy. A PCP gets to know your medical history, monitors chronic health conditions and manages your medications.

What to expect from your PCP visit:

- + Discussion about your medical history including family history and lifestyle.
- + A physical exam that includes measurements of height, weight, blood pressure and examination of relevant organ systems.
- + Recommendations for immunizations and age-appropriate health screenings, like mammograms and colonoscopies.
- + Recommendations for health screenings and lab tests.
- + Discussion about risk factors and interventions.

Questions to ask your PCP:

- + Ask any questions you have about your general health or issues such as pains, trouble sleeping or depression.
- + Don't be shy, now's the time to discuss how to make healthier lifestyle changes (smoking cessation strategies, alcohol/substance programs).
- + Ask for a referral to any specialists if needed (Dermatology, OB/GYN).

Find a Doctor

If you need to find a primary care provider, visit [OhioHealth.com/FindADoctor](https://www.ohiohealth.com/FindADoctor)

BIOMETRIC SCREENING

Knowing your biometric numbers can provide information on health risk factors or indicate potential health conditions such as diabetes, heart disease or hypertension.

What to expect during a biometric screening:

A biometric screening takes about 15-20 minutes and may include:

- + Blood pressure
- + Total cholesterol
- + Glucose and A1C
- + High-density lipoprotein (HDL) or "good cholesterol,"
- + Triglycerides
- + low-density lipoprotein (LDL) or "bad cholesterol" & total Cholesterol/HDL ratio
- + Height, weight, body mass index (BMI)
- + Waist circumference

A clinician will also review your results so you understand what's in a healthy range. If your biometric results indicate improvement is needed, your clinician can answer any health questions and provide you with resources to develop healthier habits.

Questions to ask during a biometric screening:

- + How can I improve my biometric numbers if they are in an unhealthy range?
- + Are there free or low-cost programs that can help address my well-being?
- + Can you refer to me to a Primary Care Physician (PCP) or other healthcare provider?