

00:04 Welcome to benefit tips with Dr. T.  
00:07 I'm doctor Grant Tarbox,  
00:09 and I'm here to share some tips  
00:10 about how to make the most  
00:11 of your yearly checkup  
00:13 and your time with the doctor.  
00:15 Communication is key.  
00:17 So speak openly  
00:19 and honestly about how you're feeling  
00:20 and anything that's bothering you.  
00:23 After all, having a primary care doctor  
00:25 who knows your personal health history  
00:28 is critical to your overall health.  
00:30 Want some more tips?  
00:32 Whether your appointment is in person,  
00:35 over the phone, or by video chat,  
00:38 have a list of questions in hand or take notes.  
00:41 It'll help you remember what's important.  
00:44 If you're feeling too embarrassed  
00:45 to ask something,  
00:46 write it down ahead of time  
00:48 and hand it to your doctor.  
00:50 Whatever you're struggling with,  
00:52 you're not alone.  
00:54 And if you want a friend  
00:55 or family member  
00:55 to be there with you for moral support,

00:58 bring them along.

00:59 Here's a really important reminder.

01:02 Always tell your doctor about any recent issues

01:05 like falling down or trouble

01:07 staying on your feet,

01:08 feeling sad or lonely, sleeplessness,

01:12 problems with incontinence,

01:14 or completing everyday routines,

01:16 and any concerns

01:18 you may have about your medications.

01:21 And if you have questions about lab work,

01:23 test results, scheduling your next visit,

01:25 or anything you need to know,

01:27 just ask.

01:28 Your primary care doctor is your go-to person

01:31 to help you get the care

01:32 you need to live your healthiest life.

01:35 So call and schedule

01:36 your checkup today

01:38 so you can get the conversation started.

01:40 And be sure to check out the rest of our benefits

01:43 video series.

01:45 We'll keep the tips coming

01:46 so you can keep healthy going.