



Your primary care providers (PCPs) are your partners in staying healthy. Like with any partnership, clear communication is key.

At your next primary care visit, try using these prompts to get important conversations started:

- What preventive care services are right for me?
- Which internet resources can I trust for medical information?
- How does my family history affect my risk for certain conditions?
- What is the latest news on my condition?
- How could high blood pressure affect my health down the road?
- How does sleep impact my health?
- Do you have suggestions to help me improve my personal wellness?
- When should I come see you again?
- Is my weight at a healthy level for my height?
- What health goals should I set?



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