A Checklist for Your First Visit with Dr. Pluta

We are so excited that you are ready to schedule your first house call visit.

Remember, the initial visit is a comprehensive history and physical exam that can take up to 2 hours.

Follow this checklist to prepare for your first visit:

- ☐ **Invite a family member or caregiver** to be present during your first visit to help provide a thorough medical history.
- ☐ **A history of hospitalizations**: Have any hospital discharge papers available so that Dr. Pluta can review these to learn more about your health history.
- ☐ **Have your active medications and supplements available**: If you are taking over-the-counter medication, have that ready as well.
- ☐ **A list of your specialists**: If you are seeing any specialists (such as a cardiologist, neurologist), Dr. Pluta will need their names and phone numbers.
- ☐ **Your previous Primary Care provider:**: Dr. Pluta would like the name and phone number of your previous primary care provider in order to obtain any health history or medical records.
- ☐ **A Copy of your Living Will or Advanced Directive:** If you have an advanced directive, please try to have a copy ready for Dr. Pluta.
- ☐ **Wear comfortable loose clothing**: Be prepared for a comprehensive exam.
- ☐ **Have any questions or concerns ready to discuss:** A benefit of having a concierge physician is that the visit is not rushed. There is always time and space for Dr. Pluta to answer your questions, address your concerns, and develop a health care plan that you feel good about.
- ☐ **Relax!** Dr. Pluta is excited to be a part of your health care team and wants to make this visit as comfortable and stress-free as possible. If any of the items above are causing you stress, do not worry! Dr. Pluta and Shannon will help you. Feel free to call us with any questions: 609-208-3232.

Dr. Pluta looks forward to seeing you soon!