

Healthy Pastor Checklist

- Schedule Well Visit (checkup) with primary care provider (PCP)
Date of visit: _____
- Know your numbers:
 - Height _____ (inches)
 - Weight _____ (pounds)
 - Body Mass Index (BMI) _____
 - Blood Pressure _____/_____
 - Normal < 120/80
 - Total cholesterol _____
 - LDL cholesterol _____
 - HDL cholesterol _____
 - Triglycerides _____
 - Hemoglobin A1C _____
 - < 5.7% Normal
 - 5.7-6.4% Prediabetes
 - ≥ 6.5 % Diabetes
 - 10-year estimate of cardiovascular risk: _____ %
____ Low ____ Intermediate ____ High
See <http://tools.acc.org/ASCVD-Risk-Estimator-Plus/#!/calculate/estimate/>
- Quit smoking or do not start
- Set a **SMART** exercise goal and discuss with your PCP before beginning.
Specific: what will you do? Beware your own likes and limitations.

- Measurable:** how far, how long, how many steps, etc?

- Achievable:** What is a realistic amount of exercise for you to start? What are the milestones you will reach as you approach your goal?

- Relevant:** Is this something you could potentially enjoy for many years in the future?

- Time bound:** When will you achieve this goal? _____
- Take a healthy diet for life.
 - Seek expert consultation such as a registered dietician, if needed.
- Work toward a healthy weight.
- Know what health screening tests are right for you.
 - Visit the US Preventive Task Force online at <https://epss.ahrq.gov/ePSS/search.jsp> and discuss these recommendations with your PCP
- Know what vaccinations are recommended and discuss them with your PCP.
Information at <https://www.cdc.gov/vaccines/schedules/hcp/imz/adult.html>

Questions for my PCP at my Well Visit:

1. If my hemoglobin A1C is > 5.7%, what is the plan for glucose control?

2. If my BMI is greater than 25, what is the plan for weight loss?

3. If my BP is greater than 120/80, what is the plan for blood pressure control?

4. Based on my calculated cardiovascular risk, what is the plan for cholesterol control?
 - a. Diet and exercise
 - b. Diet and exercise plus statin medication
 - c. Additional testing with heart calcium CT scan prior to making a decision

5. This is my SMART exercise goal...
 - a. Do you agree or would you recommend something else for exercise?

6. If I smoke and I am ready to quit, what is the plan for smoking cessation?

7. If I would like additional information about a healthy diet, can you recommend a dietician or other source of dietary education?

8. Which screening tests should I have done?

9. Which vaccinations do I need?