

# Annual Physical "To do" checklist

Appointment Date: \_\_\_\_\_

Appointment Time: \_\_\_\_\_

Your healthcare provider requests that you complete the checklist below prior to your physical. Doing so will help your provider address your questions and medical concerns more effectively at your appointment.

Schedule appointment to get laboratory orders done at least one week prior to your physical appointment.\*

[www.QuestDiagnostics.com/appointment](http://www.QuestDiagnostics.com/appointment)  
1(888) 277-8772

[www.LabCorp.com](http://www.LabCorp.com)  
Encinitas: (760) 635-5693 or (760) 942-9804  
Solana Beach: (858) 509-3047  
San Marcos: (760) 736-9387  
Oceanside: (760) 724-9615  
Additional locations found on [www.LabCorp.com](http://www.LabCorp.com)

Schedule appointment for imaging orders if applicable.

[www.imaginghealthcare.com](http://www.imaginghealthcare.com)  
1(866) 558-4320

Visit [www.ncfmg.com/preventive.php](http://www.ncfmg.com/preventive.php)

- Review Cancer Screening Information
- Review Center for Disease Control and Prevention/Health and Safety Topic-Healthy Living
- Print and complete Interval History Form and bring to your physical appointment.
- Review Advance Directive Information if interested.
- Review Health Links page for information on topics of your choice
- Log in to Virtual Office and update password if not done.\*\*

Contact Health Plan Patient Education Program if referred by your provider

## Things to Bring

Insurance card(s) to each visit

[Interval History Form](#)

Method of payment (cash, check, Mastercard and Visa accepted)

All current AND previous medications in original bottles/containers in your possession (over the counter and prescribed)

Questions for your provider

Any records or documentation from previous medical care if needed.

\*Your laboratory order has been electronically sent to either Quest Diagnostics or LabCorp depending on your medical insurance coverage. Please contact our office or your insurance carrier if you are unsure which laboratory is contracted or in network.

\*\*The Virtual Office is our preferred method of notifying you of your laboratory or imaging results. If you have not been asked to participate in our Virtual Office and would like to or forgot your Log In/Password information, please contact our office.