



MEDICAL HEALTH PROGRAM

Standard Protocol & Optional Services



Check the box that matches your visit category and age range. Optional services are provided below and on the reverse. Please fax completed form to (242) 326-5231 or scan and e-mail to getwell@baystmedical.com.

NAME	
DAYTIME PHONE	REQUESTED APPOINTMENT DATE

INITIAL VISIT		
<input type="checkbox"/> 39 YEARS AND YOUNGER <ul style="list-style-type: none"> Physical Exam Laboratory Work Resting ECG (electrocardiogram) Chest X-ray Exercise/Treadmill ECG Pelvic Exam (women) 	<input type="checkbox"/> 40-49 YEARS <ul style="list-style-type: none"> Physical Exam Laboratory Work Resting ECG (electrocardiogram) Chest X-ray Exercise/Treadmill ECG Pelvic Exam (women) Audiogram Mammogram (women) PSA (men) 	<input type="checkbox"/> 50 YEARS AND OLDER <ul style="list-style-type: none"> Physical Exam Laboratory Work Resting ECG (electrocardiogram) Chest X-ray Exercise/Treadmill ECG Pelvic Exam (women) Audiogram Mammogram (women) PSA (men) Bone Density Scan** Abdom. Aortic Ultrasnd (men)* Colonoscopy
SUBSEQUENT VISITS		
<input type="checkbox"/> 39 YEARS AND YOUNGER <ul style="list-style-type: none"> Physical Exam Laboratory Work Resting ECG (electrocardiogram) Pelvic Exam (women) 	<input type="checkbox"/> 40 YEARS AND OLDER <ul style="list-style-type: none"> Physical Exam Laboratory Work Resting ECG (electrocardiogram) PSA (men) Pelvic Exam (women) Mammogram (women) 	

OPTIONAL SERVICES

The standard Medical Health Program inclusions are listed above. Additional consultations, such as those listed below and on the reverse, can be provided at additional costs. If you have a specific health care concern that you want to have addressed, please check the services of interest to be added to your schedule.

ALLERGY

Reason _____

CARDIOLOGY

Reason _____

DERMATOLOGY

Reason _____

GASTROINTESTINAL

Reason _____

GYNECOLOGY

Reason _____

NEUROLOGY

Reason _____

For more information, contact Bay Street Medical at (242) 326-5230.



OPTIONAL SERVICES
(CONTINUED)

AESTHETIC/PLASTIC SURGERY

- Cosmetic Consult
- Breast Reduction
- Facial Aging
- Lipsuction
- Other _____

COMPLEMENTARY & ALTERNATIVE MEDICINE

Reason _____

DIETARY

- Weight Management
- Special Diet Needs
- Health Diets
- Vitamins & Supplements

OTOLARYNGOLOGY (EAR, NOSE, THROAT)

Reason _____

PHYSICAL MEDICINE & REHABILITATION

Reason _____

RHEUMATOLOGY

Reason _____

UROLOGY

Reason _____

MARITIME EXAM

EMBASSY EXAM

PSYCHOLOGY

- Health Psychology
 - Biofeedback
 - Pain Management
 - Insomnia
 - Headaches
 - Stress Management
- Memory Issues/Cognitive
 - Neuropsychological Testing
 - Personality Testing

Interactive Diagnosis

- Health Issues
- Anxiety
- Depression
- Stress
- Resilience Training

PSYCHIATRY

- Anxiety
- Insomnia
- Depression
- Mood Swings

PULMONARY (LUNG)

- Reason _____
- Lung Function Tests
 - CT Scan (LUNG CANCER SCREENING)

BLOOD TEST & IMMUNIZATIONS

- Blood Typing
- Immunizations
(CHECK THOSE THAT APPLY)
 - Tetanus (EVERY 10 YEARS)
 - Flu Vaccine (EVERY FALL/WINTER)
 - Pneumonia Vaccine (ONCE AT AGE 65, EARLIER IF DIABETES OR LUNG DISEASE)
 - Shingles Vaccine (ONCE AT AGE 60)

OTHER SERVICES

- Bone Density Test
- Lumbar Spine X-ray
- Eye Refraction for Glasses & Glaucoma Screening
- Glaucoma Screening Only
- MRI Scan (BASED ON MEDICAL NEEDS)
- CT Scan (BASED ON MEDICAL NEEDS)

Reason _____

I understand that the services above may not be covered by my insurance and/or paid by my employer.

PATIENT SIGNATURE	DATE (MONTH DD, YYYY)



OPTIONAL SERVICES DESCRIPTION

CARDIOLOGY

Coronary Artery CT Scan: a non-invasive way of obtaining information about the presence, location and extent of calcified plaque in the coronary arteries—the vessels that supply oxygen-containing blood to the heart wall. Because calcium is a marker of coronary artery disease, the amount of calcium detected on a cardiac CT scan is a helpful prognostic tool. The findings on cardiac CT are expressed as a “calcium score.”

Stress Echocardiogram: A stress echocardiogram evaluates the heart’s motion and function with exercise using electrocardiographic tracings and ultrasound. The test can detect coronary artery disease as well as assess heart muscle and heart valves structure and function. The test is used instead of the standard stress electrocardiogram when more detailed information is needed for which the standard test is unsuitable or to evaluate symptoms or abnormalities on standard testing.

COMPLIMENTARY AND ALTERNATIVE MEDICINE

Complementary and Integrative Medicine is a healing oriented medicine that takes account of the whole person - body, mind and spirit including all aspects of lifestyle. It emphasizes the therapeutic relationship between the patient and the practitioner and makes use of all appropriate therapies, both conventional and alternative, and explores how the mental, physical, emotional and spiritual wellbeing of the patient interrelate and affect others.

PHYSICAL MEDICINE AND REHABILITATION

This specialty addresses non-surgical joint and muscle injuries/problems. Includes sports medicine issues.

PULMONARY

Lung Function Tests: commonly referred to as spirometry, measures the amount (volume) and/or speed (flow) of air that can be inhaled and exhaled; an important tool in helping assess conditions such as asthma, pulmonary fibrosis, emphysema, sleep disorders and COPD (chronic obstructive pulmonary disease).

RHEUMATOLOGY

Specialty devoted to the diagnosis and therapy of rheumatic diseases. Rheumatologists mainly deal with clinical problems involving joints, soft tissues and conditions of connective tissues; includes such conditions as arthritis, certain autoimmune diseases, osteoporosis, gout, lupus and fibromyalgia.