



Amherst Family Practice
Cooley Dickinson Medical Group
Massachusetts General Hospital Affiliate
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Our Physicians are Board Certified in both Pediatrics and Internal Medicine

What To Expect From A Routine Physical Examination

The yearly physical exam is your provider's chance to do a comprehensive evaluation. We need to know what's new in your family or personal history, what changes have taken place in your life – in your relationships, your job, your joys, your stressors – because all these things impact your health. We want to order any testing or vaccinations you may need. We try to address important issues like diet, exercise, smoking cessation, stress reduction, safety, health care proxies – things we may not have time for when you come with a sore throat or back pain. We also do a head to toe examination, including skin and genitals. This comprehensive review not only helps you to stay healthy, it also makes it easier for your provider to care for you when you are sick.

It is *not* a time to solve all the problems you have stored up during the year. Many of these require a more in-depth evaluation than we can provide in the time allotted. You are welcome to raise these issues, and we will even ask you about various problems in a “review of systems.” If we can, we will address your issues during the visit, or we may ask you to make another appointment.

Please understand how insurers treat these visits. They expect us to do the kinds of things outlined in the first paragraph. If we address specific problems, there may be an extra charge or co-pay, because they would have expected you to make a separate appointment for these issues.

As always, we will do our best to accommodate you so you don't have to make return visits and incur extra charges, but it is the insurance companies, not we, who set the fees, the deductibles, and the co-payments.