



GroupHealth

Group Health Cooperative

CEB-223
1600 E. John Street
Seattle, WA 98112
www.ghc.org

April 4, 2007

Jane Doe
777 Adams Street
Seattle, WA 98103

Member ID# 00201987

Dear Jane,

As your doctor, I want to make sure you have the information and tools you need to help you live a healthier life. Thanks to Group Health's new electronic medical records, I'm now able to provide you with this printed overview of specific recommendations based on your age, sex, and personal health information.

Get your recommended screenings

Please be sure to get the screening tests on the enclosed summary. You'll see the date you last had the test (if we have it in our records), and the date you need to have it again. To arrange these tests, either call my office or send me a private e-mail if you're registered for enhanced access on MyGroupHealth at www.ghc.org. If you aren't registered, I encourage you to sign up at www.ghc.org. If you have any questions about these recommendations, or believe that you don't need a certain test, please let me know.

Get even more support with the new Health Profile

Another important online tool I encourage you to use is Group Health's new Health Profile, also available for registered MyGroupHealth users at www.ghc.org. By completing this questionnaire, you'll get a customized report based on your own health information. This report gives you action steps you can take toward better health and access to our telephone-based Lifestyle Coaching.

I hope you'll use the wellness resources available to you at Group Health. Working together with these tools, you and I can do more to make your health a priority.

Sincerely,

Janet Nguyen, MD
206-328-1455

If you have any questions about your benefit plan, please call our Customer Service Center toll-free at 1-888-901-4636 or TTY Relay (hearing impaired) 711 or toll-free 1-800-833-6388. Representatives are available to assist you Monday through Friday.



Take a daily aspirin to help prevent future heart attacks.
 Keep your blood pressure below 130/80 to prevent heart disease and stroke.
 Keep your bad cholesterol (LDL) level below 100 mg/dl to prevent future heart problems.
 Get the flu vaccine in the fall of each year.
 Get the tetanus/diphtheria (Td or Tdap) vaccine (every 10 years for Td or Tdap once in a lifetime).
 Begin or continue lisinopril and lovastatin to prevent problems caused by heart disease.
 Continue your medication for asthma to prevent attacks.
 If you smoke, or someone you live with smokes, contact *Free & Clear® Quit for Life*. Call Free & Clear at 1-800-462-5327 or visit online at www.freeclear.com.
 Track your most recent screening tests and vaccines through MyGroupHealth enhanced services at www.ghc.org.

Call my office or send a secure message through MyGroupHealth to get help scheduling these tests:

Tests recommended for you	Date of last test	Recommended frequency of test*	Receive your next test <i>before</i>
Blood test for long-term sugar levels (HbA1c)	3/05/2007	Check HbA1c every 3 months until goal is reached (usually less than 7%) and then check every 6 months.	6/05/2007 (if not at goal) or 9/05/2007 (if at goal)
Eye exam including retinal check (Schedule directly with Eye Care Services. Locations and contact info at www.ghc.org .)	2/10/2006	At least every two years. Every year if you have a history of retinal problems.	2/10/2008
Cholesterol screening	3/25/2005	Every year.	3/25/2006
Urine test for kidney function (microalbuminuria)	3/05/2006	Every year.	3/05/2007
Breast cancer screening	2/10/2006	Mammogram every 1 or 2 years based on breast cancer risk factors.	2/10/2008
Cervical cancer screening	3/25/2005	Pap test every 2-3 years.	3/25/2008
Colon cancer screening	3/10/2006	Stool test every year and sigmoidoscopy every 10 years (if you had a recent colonoscopy get a stool test 10 years after it).	Depends on last test

*In some cases you may need a test either more or less often based on your current personal risks or health conditions. Please confirm these recommendations with your doctor.