

AFTER VISIT SUMMARY

Lindon T. Harris MRN: 58335466



5/8/2024 3:20 PM FAMILY MED SIL SPR

Instructions from KULSOOM NAQVI MD, M.D.

Your personalized instructions can be found at the end of this document.



Labs ordered today

CBC (COMPLETE BLOOD COUNT)
Complete as directed

CHEMISTRY PANEL
Complete as directed

CHLAMYDIA + GC URINE
Complete as directed

DRAW + HOLD PLASMA,PPT
Complete as directed

HEMOGLOBIN A1C
Complete as directed

HEPATIC (LIVER) FUNCTION PANEL
Complete as directed

HEPATITIS C VIRUS ANTIBODY SCREEN
Complete as directed
Hepatitis C Screening Protocol – Patient Information v6.28.22

Your doctor has recommended you be screened for Hepatitis C. The test for Hepatitis C is a blood test. Please go to the lab to have blood drawn. Depending on your results, you may need more testing.

You may test positive for the Hepatitis C antibody. If you do, more tests will be run on your blood sample. These include an HIV test. Please tell your doctor if you DO NOT WANT TO BE TESTED FOR HIV.

If you test positive for the Hepatitis C antibody, you will have a follow-up test. Your follow-up test may show that you have Chronic Hepatitis C. If you do, your doctor may want you to return to the lab to have more blood tests. A Hepatitis C Coordinator will reach out to you to schedule these tests. Your doctor may want you to undergo a non-invasive test. The test is called Fibroscan® (hepatic transient elastography). A Hepatitis C Coordinator will reach out to you to schedule this test. You should fast (not eat or drink anything EXCEPT for water) for 3 hours before this test.

Your doctor will send your results through the patient portal at www.KP.org. If you are not registered with www.KP.org, your doctor will mail your results. If you need more tests, a specially trained Hepatitis C Coordinator will reach out to you to let you know. This nurse will also help you schedule your other tests. If you have any questions, the Hepatitis C Coordinator you speak with is happy to answer them.

Frequently Asked Questions:

Today's Visit



You saw KULSOOM NAQVI MD, M.D. on Wednesday May 8, 2024. The following issues were addressed:

- ROUTINE ADULT HEALTH CHECK UP EXAM
- SCREENING FOR SEXUALLY TRANSMITTED DISEASE (STD)
- EXERCISE COUNSELING
- DIETARY SURVEILLANCE AND COUNSELING
- UPPER RESPIRATORY TRACT INFECTION (URI)



BMI
36.50



Weight
282 lb



Height
6' 1.7"



Temperature (Oral)
99.7 °F



Respiration
18



Oxygen Saturation
99%



BSA
2.58 m²

Done Today

SARS-COV-2 (COVID-19),
MOLECULAR ASSAY, NAA/PCR
RESPIRATORY SYNCYTIAL VIRUS
DETECTION

Instructions (continued) from KULSOOM NAQVI MD, M.D.

How will I get results from these tests?

You can receive your test results through your patient portal at www.KP.org. Your primary care physician, a nurse, or a Hepatitis C Coordinator may also call or mail to you the results.

Where can I learn more about Hepatitis C?

Your doctor can give you more information about Hepatitis C. You can also find information online by searching "hepatitis C" at www.KP.org.

What are all of the tests that will be run?

You will receive a test to see if you are positive or not for the Hepatitis C antibody. If you are positive, more tests will be run on your blood sample. These tests are a Hepatitis C test (to measure viral load), a Hepatitis B test, and a HIV test. Your follow-up test may show that you have Chronic Hepatitis C. If you do, your doctor may want you to return to the lab for more blood tests. These new blood tests will need a new blood sample. The tests include different hepatitis B tests, hepatitis A test, tests to check your liver function (hepatic function panel), and the type of hepatitis C (genotype) and tests to check your body chemistry (including prothrombin, complete blood count, and creatinine).

Your doctor may also want you to have a non-invasive test called Fibroscan® (hepatic transient elastography). This test checks the stiffness of your liver. You should fast (not eat or drink anything EXCEPT for water) for 3 hours before the Fibroscan test. You will need an internal referral for this test which the Hep C Coordinator will place prior to scheduling the GI consult for you.

HIV SCREEN

Complete as directed

LIPID PANEL

Complete as directed

THYROID STIMULATING HORMONE

Complete as directed

TREPONEMA PALLIDUM, EIA W REFLEX, EXTERNAL LAB

Complete as directed

VITAMIN D

Complete as directed

What's Next

You currently have no upcoming appointments scheduled.





WELCOME TO KAISER PERMANENTE


We're glad to be your partner on this journey, and we look forward to a long and healthy relationship with you. To help you make the most of your membership with Kaiser Permanente, we created online resources for you to learn how to get care, how your plan works, information about Urgent Care centers, and more. You can read and download these resources at <https://insider.kaiserpermanente.org/welcome-to-kaiser-permanente/>

CONNECTING WITH KAISER AND YOUR HEALTH CARE TEAM


- Use our secure web site, www.kp.org, and the Kaiser Permanente App, to see lab results, send messages to your care team, schedule appointments with your Primary Care Doctor (or your child's doctor), your OB Gyn, or Vision Services (Optometry), view and refill your medications, view and print your child's allergies and immunizations, and more on behalf of yourself and your family members. Go to www.kp.org/register and sign up today (children over 12 years old must sign up for their own account), and remember to download the KP app to your smartphone and/or tablet!
- **Skip the trip: for convenient on-demand KP Virtual Urgent Care and Advice, 24/7, use:**

Virtual care around the clock

			
E-visit	Get Care Now	Chat with KP	Advice line
Fill out a brief questionnaire and get advice from a doctor, usually within an hour.	Talk to a doctor for urgent care by phone or video—24/7, no appointment needed.	Chat with a nurse for care advice 24/7.	Speak with a registered nurse 24/7 at 800-777-7904 (TTY 711).



Start using virtual care today.
kp.org/getcare

 KAISER PERMANENTE®

- To **ask advice or schedule an appointment**, use kp.org or call the 24 hour Advice line at [1-800-777-7904](tel:1-800-777-7904). For added convenience, you may schedule a video visit with your provider.
- **24 hours / 7 days a week urgent care services** are available at many of our facilities. Call [1-800-777-7904](tel:1-800-777-7904) to schedule a visit.
- To request **a follow-up with a specialist**, call [703-359-7878](tel:703-359-7878) (Option #2 and state the specialty you are calling about). A new referral is not needed if your last visit with that specialty was within 3 years.
- **About Prescription Benefit Information** If a prescription cost estimate displays, it takes into consideration your benefits, and if you have a deductible how much you have spent towards the deductible. It may not reflect in process transactions. It is an estimate, and actual costs may be higher or lower based on when you pick up your prescription.
- If your provider decides that you need covered services from a specialist, your provider will request a referral for you. If you did not receive a referral during your visit and you would like to request one, please call Member Services at (800) 777-7902 to start the process. You will receive a decision on your requested referral whether the referral is approved or denied.

If you are experiencing a mental health crisis, having suicidal or homicidal thoughts, actions, or plans, please seek help immediately. If you need immediate assistance, please call 9-1-1 or go to your nearest emergency room.

National Suicide Hotline (24/7): Call or text: **988** or call: 1-800-273-8255
or chat: <http://988lifeline.org/chat> TTY: 1-800-799-4889

CONNECTING WITH KAISER AND YOUR HEALTH CARE TEAM (continued)

Behavioral Health Access Line

Monday - Friday 7am-7pm: 1-866-530-8778

After Hours: 1-800-677-1112

Your Kaiser Permanente Care Instructions

Well Visit, Ages 18 to 65: Care Instructions

Well visits can help you stay healthy. Your doctor has checked your overall health and may have suggested ways to take good care of yourself. Your doctor also may have recommended tests. You can help prevent illness with healthy eating, good sleep, vaccinations, regular exercise, and other steps.



Get the tests that you and your doctor decide on.

Depending on your age and risks, examples might include screening for diabetes; hepatitis C; HIV; and cervical, breast, lung, and colon cancer. Screening helps find diseases before any symptoms appear.



Eat healthy foods. Choose fruits, vegetables, whole grains, lean protein, and low-fat dairy foods. Limit saturated fat and reduce salt.



Limit alcohol. Men should have no more than 2 drinks a day. Women should have no more than 1. For some people, no alcohol is the best choice.



Exercise. Get at least 30 minutes of exercise on most days of the week. Walking can be a good choice.



Reach and stay at your healthy weight. This will lower your risk for many health problems.



Take care of your mental health. Try to stay connected with friends, family, and community, and find ways to manage stress.



If you're feeling depressed or hopeless, talk to someone. A counselor can help. If you don't have a counselor, talk to your doctor.

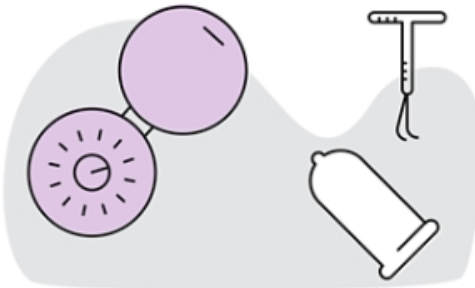
Talk to your doctor if you think you may have a problem with alcohol or drug use. This includes prescription medicines and illegal drugs.



Avoid tobacco and nicotine: Don't smoke, vape, or chew. If you need help quitting, talk to your doctor.



Practice safer sex. Getting tested, using condoms or dental dams, and limiting sex partners can help prevent STIs.



Use birth control if it's important to you to prevent pregnancy. Talk with your doctor about your choices and what might be best for you.



Prevent problems where you can. Protect your skin from too much sun, wash your hands, brush your teeth twice a day, and wear a seat belt in the car.

Where can you learn more?

Go to <https://kp.org/health>

Enter **P072** in the search box to learn more about "**Well Visit, Ages 18 to 65: Care Instructions.**"

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