

GP Talking Points

Preparing to talk to your doctor about preventive health, specifically regarding regular blood tests to monitor the response to lifestyle modifications, involves several key steps.

These steps are designed to ensure that the conversation is productive, that you convey your health goals clearly, and that you and your doctor can work together effectively to monitor and improve your health.

Before the Appointment

- 1. Understand Your Goals:** Clearly define why you want regular blood tests and how you believe they will help you monitor the effectiveness of your lifestyle modifications. Knowing your goals will help you articulate your needs more clearly to your doctor.
- 2. Gather Relevant Information:** Collect any relevant health data you already have, such as previous blood test results, a list of lifestyle changes you have made or plan to make, and any health tracking data from devices or apps you use. Bring a printout of the *BloodAge – Guide for healthcare professionals*.

3. Prepare Your Questions: Write down specific questions you want to ask, such as which blood tests you believe would be most beneficial for monitoring your health and how often these tests should be conducted.

Bring a printout of the blood *biomarkers* required for the BloodAge Analysis.

The require biomarkers are the typical markers use for general metabolic, kidney, liver, blood, immune, blood sugar and cholesterol health.

4. Document Your Health History: If lifestyle-related health issues run in your family, make a note of these as they can be relevant to your preventive health plan. Sharing this information with your doctor can provide valuable context.

During the Appointment

1. Communicate Clearly and Concisely: Start the conversation by expressing your commitment to improving your health through lifestyle modifications and your desire to monitor these changes through regular blood tests. Be clear about your goals and why you believe these tests are necessary.

Regular blood tests are essential for preventive care and monitoring the impact of lifestyle changes. When speaking with your doctor, emphasize the importance of routine blood work to establish a baseline and track progress over time.

2. Listen Actively: Pay close attention to your doctor's responses and advice. They may have valuable insights or alternative suggestions for monitoring your health improvements. Your doctor may be hesitant to order tests if you are essentially healthy. They may have concerns about being questioned by the authorities about such referrals for tests for preventive health. There is however a government commitment to the practice of preventative health and the BloodAge fits with this health directive.

Explain to your doctor that you are committed to making lifestyle changes like improving your diet, exercising regularly, and managing stress. Regular blood work will

allow you both to track the impact of these changes over time and make any necessary adjustments. Emphasize that you want to be proactive about your health and prevent future issues. With your doctor's support and these routine tests, you can take an active role in monitoring and improving your wellbeing.

3. Discuss Test Frequency and Types: Ask your doctor for their professional opinion on how often you should undergo blood tests. This discussion should consider your health goals, any existing conditions, and your family health history. It is certainly very reasonable to have the blood tests for the BloodAge Analysis once a year. However, if you are working on a specific health issue or biomarker concern, it is reasonable to repeat the tests more frequently.

4. Involve Your Doctor in Your Health Journey: Make it clear that you view your doctor as a partner in your health journey. Express your desire for their support and guidance as you make and monitor lifestyle changes. This can help foster a collaborative relationship.

5. Take Notes: Bring a notepad or use your smartphone to jot down important points, recommendations, and any follow-up actions suggested by your doctor. This will help you remember the discussion and any steps you need to take after the appointment.