

## Addressing Sensitive Topics with BlueMedicare-covered Patients

During wellness visits, patients may not always remember to ask or want to bring up all of their concerns affecting their health, particularly when their concerns have to do with sensitive topics such as depression or urinary incontinence. Please be sure you initiate the conversation covering such topics with your BlueMedicare-covered patients during their wellness visits and check-ups. These topics include:

- ✓ Urinary incontinence and treatment options
- ✓ Physical activity/exercise and recommended body mass index (BMI)
  - Encourage your patients to take simple, doable steps, such as losing just 10 percent of body weight or doing exercise they can handle, such as short walks or gardening.
- ✓ Fall risk prevention and safety measures
  - Let your patients know that removing throw rugs from the house or improving lighting could help reduce their fall risk. Poor vision or side effects from medications could be affecting them too.
- ✓ Osteoporosis testing, prevention and treatment options
- ✓ Social functioning and mental health
  - Ask about your patient's family and social support system.
- ✓ Regular medication reviews
  - Ask patients about supplements and pain relievers they might take since they may not report this as medication.