



*An Alliance for Improved Health Care*

A program of the Robert Wood Johnson Foundation's *Aligning Forces for Quality* initiative and other funders.

2999 Payne Ave, Suite 216  
Cleveland, Ohio 44114  
216.861.4646  
www.metrohealth.org

## Asia Plaza Health Center | MetroHealth

### Hours and Access

Office Hours:	M – F 8:30 am - 5 pm
Weekend Hours:	No
Same Day Appointments:	Yes
24 Hour Phone RN/MD Care:	Yes
24 Hour Phone Number:	216.778.7878
Urgent Care Available	No
Urgent Care Hours	Not Applicable

### Doctors and Services

Physicians on Staff:	3
Laboratory Services:	Yes
Imaging Services:	Yes
Pharmacy Services:	Yes
Diabetes Education Programs:	No
On Bus Line:	Yes
Free Parking:	Yes
Translation Services	Yes
Mail, E-mail or Phone Appt. Reminders:	Yes
Patients Schedule Appt. Online:	No
Patient/Doctor E-mail Exchange:	No
Electronic Medical Records:	Yes
Patients Can View Electronic Medical Records Online:	No
Electronic Prescribing:	No
Refer Most Patients to these Hospitals:	MetroHealth
Accept Medicare:	Yes
Accept Medicaid:	Yes
Accept Uninsured/Self Pay:	Yes
Sliding Scale Fees Available:	Yes

Better health care – and better health – take team work. Know what you and your doctor can do to improve your health. Talk to your doctor. Ask questions. Our doctors want you to ask questions!

### Quick Tips

#### At Your Visit:

- Bring a list of your questions, with the most important ones first. Give it to your doctor at the beginning of your visit – or ask your questions at the beginning so you won't run out of time.
- Ask questions about what your doctor tells you. If you don't, your doctor may think you understand what she said, when you may not.
- If your doctor gives you a lot of information, ask him to write it down. Then you'll remember what he said when you get home!
- Ask your doctor who you can call after your visit if you have more questions.
- Make your next appointment or schedule any tests your doctor ordered before you leave the office so you don't forget.

#### After Your Visit:

- Call if your symptoms get worse or you have problems with your medicine.
- If you had tests done, call the doctor's office in a timely way if you haven't received the results.

*Adapted from Agency for Healthcare Research and Quality*

# ✓ Checklist for Better Health Diabetes



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## Your doctor's visit

Ask about these tests, exams and health issues. Know your numbers.

What	Why	Recommended Outcome	Your Number
<input type="checkbox"/> Hemoglobin A1c Test <i>At least yearly</i>	A1c is a blood test that measures how well your blood sugar is controlled over the past 2-3 months. It helps you and your doctor know how well your treatment plan is working.	<b>Less than 8</b> , or what your doctor says is right for you. Generally lower is better.	
<input type="checkbox"/> Blood Pressure <i>Every visit</i>	High blood pressure increases your risk of diabetes complications.	<b>Less than 140/80</b> , or what your doctor says is right for you. Generally lower is better.	
<input type="checkbox"/> Cholesterol Test <i>At least yearly</i>	Elevated LDL (or "bad") cholesterol increases the risk of heart and circulation problems in patients with diabetes.	<b>Less than 100</b> if possible. "Statin" medicines may be very helpful.	
<input type="checkbox"/> Kidney Management	Diabetes is the most common cause of kidney failure. Urine tests help your doctor know whether medication should be used to delay kidney problems.	<b>Urine "microalbumin" should be less than 30</b> ; if it is higher, "ACE inhibitor" or "ARB" medicines will help you.	
<input type="checkbox"/> Eye Exam <i>Yearly</i>	Diabetes is the most common cause of blindness in adults. Early detection and treatment of eye problems can reduce your risk.	<b>Normal annual exam by an eye doctor, or treatment if eye problems are discovered.</b>	
<input type="checkbox"/> Foot Exam <i>Every visit</i>	Diabetes is the most common cause of foot and leg amputations in adults. Nerve damage may reduce your ability to detect foot pain from an ulcer or infection.	<b>Healthy feet</b> , or early detection of treatable ulcers or infections.	
<input type="checkbox"/> Weight (Body Mass Index) <i>Every visit</i>	Obesity worsens blood sugar control; exercise and weight loss improve blood sugar control.	<b>Body Mass Index (BMI) less than 30.</b> Plan to exercise and lose weight!	
<input type="checkbox"/> Smoking Status	Smoking cigarettes increases an already high risk for heart disease and circulation problems in patients with diabetes. Your doctor can help you quit. Ask him/her how!	<b>Make a plan with your doctor to stop smoking.</b>	
<input type="checkbox"/> Pneumonia Vaccine <i>Once</i>	If your diabetes is not well controlled, you are at higher risk for infections. A vaccine against pneumonia can reduce your risk of lung infections.	Check with your doctor to find out if you have received the vaccine. If not, get one!	