



At the bottom of this page are reminders for some preventive services based on Kaiser Permanente's electronic records. If you have on-going health problems or are at high risk for certain diseases, you may need frequent preventive services and should consult your physician. If an appointment is necessary, please schedule it.

MRN: 110007897964

Name: ANDERSON, TIFFANY K

Visit Coverage: KFHP 1000

Appt Date/Time: 7/26/11 4:20 PM

Appt With: WIN, MYA-MYA (M.D.)

Dept: STKMED

Check-In Date/Time: 07/26/11 3:52 PM

Amount Due: \$ 15.00

Amount Paid: \$ 15.00

Source: Credit Card

Ref:

Encounter: 32013022724

Acct: 32070238

Receipt: 8334267

Visit your doctor's home page at kp.org/mydoctor to view your Preventive Service reminders, check lab results, request refills, use online tools.

PERSONAL PHYSICIAN(S)

GENERAL: JASTI, HYMAVATHY (M.*OB/GYN PHYSI: OGUNJIMI, ESTHER OLUWAKEM
OB/GYN OTHER: WALKER, KATHRYN GAIL (N.P.)

PREVENTIVE	SERVICES	LAST	DUE
DUE	ADULT TDAP		8/22/81
DUE	MAMMOGRAPHY		8/22/10
Current	CERVICAL SCREEN	9/26/08	9/26/11
Current	CHOLESTEROL SCREEN	10/17/10	10/17/15
Current	PNEUMO VACCINE		8/22/35
Current	COLON CANCER SCREENING		
Current	INFLUENZA VACCINE		NA

Kaiser Permanente
KP STOCKTON
Transaction Results

7373 WEST LANE
STOCKTON, CA 95210
Phone # 209-476-2000

Merch ID: 445020906860

Status: approved

Trans ID: 027-0013013642

Transaction Details

Date: 07-26-2011 15:52 PDT

Action: sale

Amount: \$15.00

Card Type: Visa

Account: xxxxxxxx-0100

Name: ANDERSON/TIFFANY K

Approval: 345526

X

Customer Signature

_____ months

If this does not cover your full financial liability, you will receive a bill for additional charges based on the specifics of your health coverage plan, your included benefits, and the actual services you receive. If you have questions or want more information about your benefits, limitations, exclusions, and charges, please call the telephone number on your identification card.

This document contains confidential information about your health and care at Kaiser Permanente.

Visit Information

Appointment Information

Appointment Date/Time	Provider	Department	Dept Phone
7/26/2011 4:20 PM	MYA-MYA WIN MD	Stk-Meda >West Lane	

Your Primary Care Providers

Provider	PCP Type
ESTHER OLUWAKEMI OGUNJIMI MD	OB/GYN Physician
KATHRYN GAIL WALKER NP	OB/GYN Other
HYMAVATHY JASTI MD	General

Personal Care Information

Patient Instructions

Your Kaiser Permanente Care Instructions

Knee Pain: After Your Visit

Your Care Instructions

Overuse is often the cause of knee pain. Other causes are climbing stairs, kneeling, or other activities that use the knee. Everyday wear and tear, especially as you get older, also can cause knee pain.

Rest, along with home treatment, often relieves pain and allows your knee to heal. If you have a serious knee injury, you may need tests and treatment.

Follow-up care is a key part of your treatment and safety. Be sure to make and go to all appointments, and call your doctor if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

How can you care for yourself at home?

- Take pain medicines exactly as directed.
 - If the doctor gave you a prescription medicine for pain, take it as prescribed.
 - If you are not taking a prescription pain medicine, ask your doctor if you can take an over-the-counter medicine.
 - Do not take two or more pain medicines at the same time unless the doctor told you to. Many pain medicines contain acetaminophen, which is Tylenol. Too much acetaminophen (Tylenol) can be harmful.
 - No one younger than 20 should take aspirin. It has been linked to Reye syndrome, a serious illness.
- Rest and protect your knee. Take a break from any activity that may cause pain.
- Put ice or a cold pack on your knee for 10 to 20 minutes at a time. Put a thin cloth between the ice and your skin.
- Prop up a sore knee on a pillow when you ice it or anytime you sit or lie down for the next 3 days. Try to keep it above the level of your heart. This will help reduce swelling.

Personal Care Information (continued)

Patient Instructions (continued)

- If your doctor recommends an elastic bandage, sleeve, or other type of support for your knee, wear it as directed.
- If your knee is not swollen, you can put moist heat, a heating pad, or a warm cloth on your knee.
- After several days of rest, you can begin gentle exercise of your knee.
- Reach and stay at a healthy weight. Extra weight can strain the joints, especially the knees and hips, and make the pain worse. Losing even a few pounds may help.

When should you call for help?

Call 911 anytime you think you may need emergency care. For example, call if:

- You have sudden chest pain and shortness of breath, or you cough up blood.

Call your doctor now or seek immediate medical care if:

- You have increasing or severe pain.
- Your leg or foot is cool or pale or changes color.
- You cannot stand or put weight on your knee.
- Your knee looks twisted or bent out of shape.
- You cannot move your knee.
- You have signs of infection, such as:
 - Increased pain, swelling, warmth, or redness.
 - Red streaks leading from the sore area.
 - Pus draining from a place on your knee.
 - Swollen lymph nodes in your neck, armpits, or groin.
 - A fever.
- You have signs of a blood clot, such as:
 - Pain in your calf, back of the knee, thigh, or groin.
 - Redness and swelling in your leg or groin.

Watch closely for changes in your health, and be sure to contact your doctor if:

- Your knee feels numb or tingly.
- You do not get better as expected.
- You have any new symptoms, such as swelling.
- You have bruises from a knee injury that last longer than 2 weeks.

Where can you learn more?

Go to <http://www.kp.org>

Enter **K195** in the search box to learn more about "**Knee Pain: After Your Visit.**"

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Please visit my home page at kp.org/mydoctor. You can check your test results, refill prescriptions, e-mail me, schedule routine appointments, and view preventive service reminders and past visit information. You can also find valuable health information and links to classes, videos, podcasts and other online health tools. If you also coordinate care for your children, parents, spouse or partner, sign up for Act for a Family Member at kp.org/actforfamily.

Visit Summary

Vital Signs - Last Recorded

Blood Pressure	Pulse	Temperature(Src)	Height	Weight	Oxygen
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Visit Summary (continued)

Vital Signs - Last Recorded (continued)

Blood Pressure	Pulse	Temperature(Src)	Height	Weight	Oxygen
123/81	80	98.4 °F (36.9 °C) (Oral)	5' 4"	144 lb (65.318 kg)	100%

Body Mass Index
24.71

Regular physical activity (at least 150 minutes a week) and maintaining a healthy weight can help you reduce your risk for heart disease, stroke, diabetes, and certain cancers. Unless you are pregnant, you should aim for a healthy weight indicated by a Body Mass Index (BMI) of less than 25. Even small increases in physical activity can make a big difference in your overall health. Enjoy healthy eating by adding more fruits and vegetables to your diet, eating smaller portions, and drinking fewer sweetened beverages. Avoiding tobacco and learning to manage stress can also help you thrive. To get help with fitness, weight, stress or quitting tobacco call 1-866-251-4514 to schedule a telephone appointment with a personal Telephonic Wellness Coach.

Tobacco Use (More information at kp.org/quitsmoking)

Smoking Status	Amount
Former Smoker (Quit Date: 1/1/1989)	0 packs/day for 0 years

Smokeless Tobacco Status
Never Used

Allergies

Allergies as of 7/20/2011

Allergies	Noted	Type	Date Reviewed: 7/20/2011 Reactions
No Known Allergies			

Medication Ordered This Visit

Prescriptions

Albuterol (PROAIR HFA) 90 mcg/Actuation Inhl HFAA	Use 1 puff orally every 4 hours when needed for shortness of breath. May repeat after 1 minute if symptoms not relieved. Shake well before using. Rinse mouthpiece at least once weekly.
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Pharmacy Information

PHARMACY PICK UP

To start your medication order, please go to any Kaiser Permanente Pharmacy "check-in" line. When your medication is ready for pick-up, your name will appear on the lighted display board. Most prescriptions are ready within 15 minutes after you check in.

Have your refills mailed to you and get free shipping. Go to kp.org/rxrefill, or call (888) 218-6245. Also use the kp.org My Health Manager - Pharmacy Center to check the status of a refill, set up email refill reminders and review your list of medications.

Pharmacy Information (continued)

Pharmacy

Pharmacy Name
STK PHARMACY 118T FL

Pharmacy Address and Hours

Address	Hours
7373 West Lane STOCKTON CA 95210	0800-2200

Orders

Orders Placed During This Visit

Future	Class	Expires
✓ CBC + DIFF (AT REG LAB).	Outpatient	3/26/12
✓ CULTURE MISCELLANEOUS	Outpatient	3/26/12

Preventive Services

Please see your visit registration slip or View Your Preventive Services on your doctor's home page <http://kp.org/nydoctor> to see if you are due for screening tests or immunizations.

Future Appointments

Date	Visit Type	Department	Provider	Length
None.				

Have been taking

Katlix

7/20