

After Visit Summary

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

Anderson, Tiffany K**(MR # 110007897964)****Visit Information****Appointment Information**

	Provider	Department	Dept Phone
10/28/2013 10:10 AM	HYMAVATHY JASTI MD	Stk-Medf >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**

None

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	Height	Weight	BMI
144/101	79	97.9 °F (36.6 °C) (Oral)	5' 5"	131 lb 12.8 oz (59.784 kg)	21.93 kg/m2

Oxygen
99%

Vitals History Recorded

Body Mass Index
21.93**Exercise Minutes Per Week**

200

Congratulations on getting at least 150 minutes of physical activity a week! Regular physical activity (at least 150 minutes a week) along with maintaining a healthy weight, can help you feel better and have more energy. Regular exercise can also significantly reduce your risk for heart disease, stroke, diabetes, falls and certain cancers. A healthy weight target is a Body Mass Index (BMI) between 19 and 24 (except for pregnant women). If you want to include healthier eating, start by adding more fruits and vegetables to your diet, eating smaller portions or drinking fewer sodas and sweetened beverages. To get support for fitness, weight, stress, or quitting tobacco, call 1-866-251-4514 to schedule a telephone appointment with a personal wellness coach.

Visit Summary (continued)**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
Unknown

Allergies

**Reviewed On: 10/28/2013 By: Arcangel,
Bernardina T (M.A.)**

Allergies as of 10/28/2013

Allergen	Noted	Type	Reactions
No Known Allergies			

Medication Ordered This Visit**Prescriptions**

ALPRAZolam (XANAX) 1 mg Oral Tab	Take 1 tablet orally 4 times a day
HYDROcodone-Acetaminophen (NORCO) 10-325 mg Oral Tab	Take 1 tablets orally 4 times a day when needed

Pharmacy Information**Pharmacy**

Pharmacy Name
STK PHARMACY 1 1ST FL

Pharmacy Address and Hours

Address	Hours
7373 West Lane STOCKTON CA 95210	Mon-Fri 0800-2000; Sat-Sun 0800-1800

Orders**Orders Placed During This Visit**

Future	Class	Expires
DRUG PAIN PANEL, URINE (OPI, AMPHET, COCA, THC, BENZO, BARB, ETOH, OXYCO DONE, CREAT)	Outpatient	6/28/2014

Preventive Health Reminders

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

Reason For Today's Visit

CHRONIC PAIN - Primary

Future Appointments

Future Appointments (continued)

11/25/20	BLOOD	MEDF	Appointment, Med F	15 min
13 9:00	PRESSURE		Ma Bp	
	CHECK			