Kennedy Family Practice

NEW APPOINTMENT GUIDELINES

We are changing how routine appointments are scheduled so that preventive care stays on time and your medications, blood work, and ongoing medical conditions receive dedicated attention. Annual wellness/physical exams are currently booking approximately **14-15 months out**. To improve access and keep annual preventive care on schedule, most patients will transition to:

2 Medication Review Visits Each Year	1 Annual Wellness / Physical Exam Each Year

MEDICATION REVIEW VISITS

Please complete ordered blood work approximately 2 weeks before your medication review. These visits are generally 15 minutes and are intended to review and explain recent blood work; review medications, doses, effectiveness and side effects; make appropriate medication changes; reconcile your medication list; review chronic medical conditions; and discuss relevant specialist visits or testing.

Please do not save a new medical problem for your medication review. New concerns such as knee or shoulder pain, a rash, an injury, abdominal symptoms, or another problem requiring evaluation need their own appointment. Adding a new problem to a 15-minute medication review makes it difficult to give either issue the attention it deserves.

ACUTE / SICK VISITS - AVAILABLE EVERY DAY

We keep appointments available **every day** for new illnesses, injuries, symptoms, or other new medical concerns. You do not need to wait for your next medication review or annual exam. Please call the office when a new problem develops so we can schedule the appropriate type of visit and provide enough time to evaluate it properly.

ANNUAL WELLNESS / PHYSICAL EXAMS

Annual exams will focus primarily on **preventive care**: recommended cancer screenings, mammograms, colon cancer screening, Pap testing when appropriate, prostate screening when appropriate, bone-density testing, vaccinations, cardiovascular/diabetes screening, Medicare wellness requirements, and other age- and risk-appropriate preventive services.

To improve availability, we will be asking that **the majority of routine annual wellness/physical exams be scheduled with one of our Physician Assistants.** Our PAs work closely with Dr. Kennedy and can complete preventive care, identify concerns requiring additional evaluation, and coordinate with Dr. Kennedy when needed.

WHY WE ARE MAKING THESE CHANGES

Historically, an annual exam often became an annual preventive exam *plus* a medication and laboratory review in the same visit. As medical care has become more complex, trying to accomplish everything in one appointment has contributed to annual exams being scheduled beyond the yearly interval. Insurance plans are also increasingly focused on completion of annual preventive visits within the appropriate yearly timeframe.

Separating these visits allows us to keep preventive care on schedule, provide dedicated time to discuss blood work and medications, and create more physician availability for medication management and more complex medical concerns. Having blood work completed before a medication review also allows us to discuss results together during the appointment instead of relying on lengthy result messages and multiple follow-up portal exchanges afterward.

Our goal is simple: the right type of appointment, with enough time devoted to the reason for that appointment.

We appreciate your understanding and cooperation as we make this transition, and we thank you for continuing to trust us with your healthcare.

Dr. Kennedy & the Kennedy Family Practice Team

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GLP-1 / WEIGHT MANAGEMENT APPOINTMENT GUIDELINES

Patients using GLP-1 medications for weight management require regular follow-up so we can monitor progress, medication tolerance, side effects, weight changes, and determine whether dose adjustments are appropriate.

Starting a GLP-1 Medication	**Every 4 weeks for the first 3 months** Appointments may be in person or by telemedicine.
After the First 3 Months	**Typically every 3 months** until an appropriate maintenance dose is achieved.
Stable Maintenance Dose	**Every 6 months** for ongoing medication management.

If you are already taking a GLP-1 medication and are stable on a maintenance dose, you will need a follow-up appointment **at least every 6 months**.

Whenever possible, these 6-month GLP-1 follow-up visits can **coincide with your regularly scheduled medication review appointments**, so an additional appointment may not be necessary.

At GLP-1 follow-up visits, we will review your progress, weight changes, medication response, side effects or concerns, current dose, and whether the dose should remain the same or be adjusted.

Regular follow-up is necessary for continued prescribing and helps us make sure your treatment remains safe, appropriate, and effective.

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