



Secure Health Messaging

Inbox 2

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Secure Health Messaging

New message Arrange by

Schedule Labs and follow up appointment

Molly Jonas Deborah Williams

Today
3:42pm

Medications

Molly Jonas Deborah Williams

Today
11:20am

Re: What exercises can help my condition?

Molly Jonas Deborah Williams

1 Month ago
2:10pm

Steps to reduce your glucose

Molly Jonas Deborah Williams

2 Months ago
9:45am



Schedule Labs and follow up appointment

From: Molly Jonas
To: Deborah Williams
Subject: Schedule Labs and follow up appointments

Hello Deborah,

We see that you are about due for a refill of your medications. Your care team has reviewed your history and see that you are also due for the following lab tests as well as your 6 month follow up visit with Dr. Nil. We also noticed that you are due for your annual flu shot and can take care of that for you while you are in. Your last colonoscopy was done in August of 2002, please scheduled a time to have this test performed at your earliest convenience. I have included the referral you will need below.

According to our records you are due for the following Labs:

CMP

A comprehensive metabolic panel is a blood test that measures your sugar (glucose) level, electrolyte and fluid balance, kidney function, and liver function.

Vitamin D

Vitamin D helps the body control calcium and phosphate levels. If the blood levels of these minerals become too low, the body may produce hormones that cause calcium and phosphate to be released from the bones. This leads to weak and soft bones.

Cholesterol Screening

A cholesterol screening is a blood test that measures the fats that are in a person's blood. If a person has too much cholesterol in their body, it can build up inside their heart which can cause heart attack or stroke. Men who are at least 35 years old and women who are at least 45 years old should have this test once every 5 years. If your cholesterol level is high, you may need to have the test more often.

Diabetes Hgc A1c Testing

The hemoglobin A1c test -- also called HbA1c, glycated hemoglobin test, or glycohemoglobin -- is an important blood test used to determine how well your diabetes is being controlled. Hemoglobin A1c provides an average of your blood sugar control over a six to 12 week period and is used in conjunction with home blood sugar monitoring to make adjustments in your diabetes medicines.

Follow ups

Schedule a Lab appointment

[Schedule a Lab appointment](#)

Followup appointment

Once lab appointment is scheduled, please schedule follow up appointment With Dr. Ahmad

[Schedule a Followup appointment](#)

Referral

Your are due for a Colonoscopy

[Click here for referral](#)

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Office visits

Appointments 1

Schedule an Appointment

Online visits

General Health Screen

Wellness Checkup

Diet Review

What do I do Know?

Schedule an Appointment for Labs

For better continuity in the care you receive, please select your Primary Care Provider when scheduling your appointment. View our [scheduling policy](#).

Why is this appointment needed?

Labs

Who needs an appointment?

Deborah Williams

Where do you want this appointment?

Healthe Clinic

Need a specific doctor?

Search for a name

How soon would you like to visit?

First available

What time of the day?

a.m.

p.m.

Which days do you prefer?

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Friday

9:00 a.m.

[View all availability](#)

Select

10:15 a.m.

[View all availability](#)

Select

1:30 p.m.

[View all availability](#)

Select

3:30 p.m.

[View all availability](#)

Select

Saturday

9:00 a.m.

[View all availability](#)

Select

10:00 a.m.

[View all availability](#)

Select

1:30 p.m.

[View all availability](#)

Select

3:30 p.m.

[View all availability](#)

Select



Office visits

 **Appointments** 1

 **Schedule an Appointment**

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What do I do Know?



Health



Wellness



Messaging



Appointments



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Bill Pay

Appointment Details

For better continuity in the care you receive, please select your Primary Care Provider when scheduling your appointment. View our [scheduling policy](#).

Friday

10:15 am CST

Healthe Clinic



Instructions:

Before you arrive, drink 16oz of water at least one hour before your appointment.
No food of any kind after midnight. You may drink water as desired.

Next Step: Schedule your followup appointment

Please schedule follow up appointment With Dr. Ahmad

[Schedule a Followup appointment](#)

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What do I do Know?

Schedule a Follow up Appointment

For better continuity in the care you receive, please select your Primary Care Provider when scheduling your appointment. View our [scheduling policy](#).

Why is this appointment needed?

Follow up

Who needs an appointment?

Deborah Williams

Where do you want this appointment?

Healthe Clinic

Need a specific doctor?

Dr. Ahmad

How soon would you like to visit?

First available

What time of the day?

a.m.

p.m.

Which days do you prefer?

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Monday

9:00 a.m.

Dr. Ahmad MD

[View all availability](#)

Select

10:00 a.m.

Dr. Ahmad MD

[View all availability](#)

Select

Tuesday

9:00 a.m.

Dr. Ahmad MD

[View all availability](#)

Select

10:00 a.m.

Dr. Ahmad MD

[View all availability](#)

Select

Wednesday

9:00 a.m.

Dr. Ahmad MD

[View all availability](#)

Select

10:00 a.m.

Dr. Ahmad MD

[View all availability](#)

Select

1:30 p.m.

Dr. Ahmad MD

[View all availability](#)

Select

3:30 p.m.

Dr. Ahmad MD

[View all availability](#)

Select



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Monday

10:00 am CST

Dr. Ahmad at Healthe Clinic



Instructions:

Please Arrive at clinic at least 5 minutes before.

Assigned Pre-visit Questionnaire

Health Assessment

Take now



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Health Assessment Report

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Risk Advisor

Screening Results

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Incentives

Healthy Habits

Cardiometabolic Center

CCD Import

Nutrition

Choices in Diet

Nutrition Needs

Recipes

Sports Nutrition

Ask a Dietitian / Nutritionist

My Health Assessment

General Health

1. Are there any other items you would like to address during this visit?

- a) Yes
- b) No

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2. Please mark any of the following symptoms you have had within the last 6 months:

- Sweating
- Extreme Fatigue
- Dizziness
- Shakiness
- None of the above

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3. Have you had any swelling of the feet, ankles or legs?

- a) Yes
- b) No

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4. Have you had any muscle aches or cramps?

a) Yes

b) No

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5. Would you like to sign your consent form for your flu shot now:

a) [Yes >](#)

b) No

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[Submit](#)



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Ask a Dietitian / Nutritionist

You have finished your survey

The information you provided will be reviewed by a clinician and is valuable in helping to manage or improve your health. If we find anything concerning, we will send you a direct message requesting you complete a follow up survey or have you schedule an appointment to be seen by your provider.

[Go back to my Personal Plan](#)