

Case#:	Submitted on: Request Sent on:	07/19/22 09:44AM 07/19/22 11:40AM	Received:	07/22/22	
Client: Social Security #: Date of Birth:					
Ordered By: Deliver To:					
Insurance Company Underwriter:	<b>y</b> :				
Agency: Agency Code: Agent:					
Policy Amount:			Policy#:		
Policy Type:	Life Insurance				
Service:					
Special Request:	Please provide	information for the las	<mark>st 3 years.</mark>		

Pages in this Document:

119, including this cover page

		Mail date. 0/0/2022
isit Information		
Provider Information		
Encounter Provider	Authorizing Provider	Referring Provider
Department		
Name	Address	Phone Fax
L		
Level of Service		

#### PR OFFICE/OUTPATIENT ESTABLISHED LOW MDM 20-29 MIN

#### **Clinical Notes**

12 A A							 ,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	*******************************
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2								
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#### HPI/ROS

who presents today for possibly lime (Back pain/).

Hx chronic neck pain, herniated discs. Also chronic lower back pain, but what brought him here today is the neck pain. For a month he has had increased posterior neck pain, L arm pain, and his L arm is numb in the morning all the way to the wrist and sometimes in the fingers. No change. Some tingling.

Mild improvement in last 2d.

His GF noticed a spot on his R leg 2d ago and he wonders if he has lyme.

Feels like both shoulders and neck are swelling. If he takes a viagra, the swelling is immediate.

No recent falls or trauma.

New bed x 1 year, thinks it might be too soft for his back.

# 2/14/16 MRI cervical spine:

#### IMPRESSION:

1. Multilevel cervical degenerative disc disease, most severe from C4-5 through C6-7, without high-grade central canal

stenosis. Findings appear similar to prior study from 2006.

2. Multilevel neural foraminal stenosis due to uncovertebral joint hypertrophy and facet arthropathy, as detailed by level above. Findings appear similar to prior study from 2006.

3. Severe right C3-4 facet arthropathy with evidence of active degenerative inflammatory change. Right C3-4 facet edema and joint effusion facet are new since 2006.

He swims regularly (daily) which helps. Has never had other treatment for neck and back pain. jaccuzi daily. Has some flexeril but hasn't been taking. Has not been icing.

Had covid infection December, minimal sx.

Requests ativan refill, daily use BID, 10+ years, complains that it always runs out on the weekend.

Review of Systems

Current Outpatient Medications Medication	Sig	Dispense	Refill
<ul> <li>amLODIPine (NORVASC) 5 MG tablet</li> <li>ASCORBIC ACID WITH ROSE HIPS 500 MG tablet</li> </ul>	Take 1 tablet (5 mg total) by mouth daily. TAKE ONE TO TABLETS DAILY	90 tablet	3
<ul> <li>LORazepam (ATIVAN) 1 MG tablet</li> </ul>	Take 2 tablets (2 mg total) by mouth at bedtime.	56 tablet	1
<ul> <li>melatonin 3 mg Tab tablet</li> </ul>	TAKE 1 CAPSULE AT BEDTIME AS NEEDED.		
• multivitamin capsule	Take 1 capsule by mouth daily.		
<ul> <li>rosuvastatin (CRESTOR) 5 MG tablet</li> </ul>	Take 1 tablet (5 mg total) by mouth daily.	90 tablet	3
Text: Stress B Complex TABS	TAKE 1 TABLET DAILY AS DIRECTED.		
<ul> <li>tretinoin (RETIN-A) 0.05 % cream</li> </ul>	Apply a pea-sized amount to the face at bedtime	45 g	11
<ul> <li>VIAGRA 100 mg tablet</li> </ul>	Take 1/2 - 1 tablet by mouth daily prior to activity as directed		
<ul> <li>VITAMIN D3 1,000 unit capsule</li> </ul>	(Patient taking differently: Take 5,000 Units by mouth daily bid.)		
<ul> <li>cyclobenzaprine (FLEXERIL) 10 MG tablet</li> </ul>	Take 1 tablet (10 mg total) by mouth 3 times a day as	30 tablet	5

needed for muscle
spasms Take 1 tab
by mouth at bedtime
as directed.
TAKE 1 CAPSULE
BY MOUTH 2
TIMES A DAY.

No current facility-administered medications for this visit.

#### Patient Active Problem List

Diagnosis

- Degeneration of lumbar intervertebral disc
- · Hypercholesterolemia
- Vertigo
- Hyperglycemia
- Shoulder joint pain
- · Degeneration of cervical intervertebral disc
- Other male erectile dysfunction
- Varicose veins of both lower extremities
- Actinic keratosis
- History of prostate cancer
- Benign essential hypertension
- Abnormal LFTs
- Chronic insomnia
- Daily consumption of alcohol
- Marijuana use

#### EXAM

VS: BP 128/78 | Pulse 76 | Temp 97.2 °F (36.2 °C) (Temporal) | Wt 76.1 kg (167 lb 12.8 oz) | SpO2 96% | BMI 22.92 kg/m<sup>2</sup>

Body mass index is 22.92 kg/m<sup>2</sup>.

General appearance: alert, appears stated age, cooperative and no distress Neck: mild ttp L occipital region, full ROM without difficulty, no cervical spine ttp Extremities: L arm with normal and = strength to R arm, sensation equal b/l, full L shoulder ROM without difficulty Skin: Skin color, texture, turgor normal. No rashes or lesions Neurologic: Grossly normal Psych: normal affect Physical Exam

#### LABS

Lab on 03/09/2022				
Component	Date	Value	Ref Range	Status
• WBC	03/09/2022	6.43	4.00 - 11.00 K/uL	Final
• RBC	03/09/2022	4.78	4.50 - 5.90 M/uL	Final
<ul> <li>Hemoglobin</li> </ul>	03/09/2022	13.4 (A)	13.8 - 17.4 g/dL	Final
Hematocrit	03/09/2022	42.6	41.0 - 51.0 %	Final
• MCV	03/09/2022	89	80 - 96 fL	Final
• RDW	03/09/2022	14.0	11.6 - 14.6 %	Final

Platelet Count	03/09/2022	178	150 - 450 K/uL	Final
<ul> <li>Sodium</li> </ul>	03/09/2022	139	135 - 146 mmol/L	Final
<ul> <li>Potassium</li> </ul>	03/09/2022	4.3	3.4 - 5.2 mmol/L	Final
Chloride	03/09/2022	104	98 - 110 mmol/L	Final
<ul> <li>Total CO2</li> </ul>	03/09/2022	27	24 - 32 mmol/L	Final
<ul> <li>Anion Gap</li> </ul>	03/09/2022	9	2 - 15 mmol/L	Final
• BUN	03/09/2022	19	7 - 24 mg/dL	Final
<ul> <li>Creatinine, Blood</li> </ul>	03/09/2022	1.2	0.6 - 1.3 mg/dL	Final
<ul> <li>Glucose, Blood</li> </ul>	03/09/2022	183 (A)	70 - 118 mg/dL	Final
Calcium	03/09/2022	9.6	8.5 - 10.5 mg/dL	Final
<ul> <li>Estimated GFR (MDRD)</li> </ul>	03/09/2022	59 (A)	>=60 mL/min/BSA	Final
This Cr-based equation unde	erestimates GFR i	n patients w	ith increased muscle ma	iss. Order
CYSTATIN C WITH GFR ES				
needed.				

necuca.				
• TSH	03/09/2022	1.12	0.30 - 4.50 uIU/mL	Final
<ul> <li>Total Protein</li> </ul>	03/09/2022	7.2	6.0 - 8.2 g/dL	Final
<ul> <li>Albumin, Blood</li> </ul>	03/09/2022	4.1	3.4 - 5.2 g/dL	Final
<ul> <li>Total Bilirubin</li> </ul>	03/09/2022	0.7	0.0 - 1.2 mg/dL	Final
<ul> <li>Direct Bilirubin</li> </ul>	03/09/2022	0.2	0.1 - 0.5 mg/dL	Final
<ul> <li>Alkaline Phosphatase</li> </ul>	03/09/2022	43	30 - 115 IU/L	Final
AST (SGOT)	03/09/2022	27	11 - 40 IU/L	Final
<ul> <li>Globulin Result</li> </ul>	03/09/2022	3.1	2.0 - 4.0 g/dL	Final
<ul> <li>ALT (SGPT)</li> </ul>	03/09/2022	29	7 - 40 IU/L	Final
<ul> <li>Prostate Specific Ag</li> </ul>	03/09/2022	0.7	0.1 - 7.2 ng/mL	Final
Method: Abbott				
<ul> <li>Hemoglobin A1C</li> </ul>	03/09/2022	5.3	4.6 - 5.6 %	Final
4.6 to 5.6% Normal				

- 5.7 to 6.4% Pre-diabetes, increased risk for diabetes
- >= 6.5% Diabetes mellitus

#### Office Visit on 12/08/2021

Component Date	Value	Ref Range	Status
6-Aceytlmorphine Screen, Urine 12/08/	3/2021 Negativ	/e Negative	Final
Add on order LAB2926 Opiates and Ox	xycodone, Urine,	Confirmation, if con	firmation desired.

- Amphetamines Screen, Urine 12/08/2021 Negative Negative Final Screen for Amphetamine, Metamphetamine or other Amphetamine-like compounds. Add-on order LAB2923 Amphetamine, Urine, Confirmation if confirmation desired.
- Barbiturates Screen, Urine 12/08/2021 Negative Negative Final Add-on order LAB365 Barbiturate, Urine, Confirmation if confirmation desired.
- Benzodiazepine Screen, Urine 12/08/2021 Negative Negative Final Add-on order LAB367 Benzodiazepine, Urine, Confirmation if confirmation desired.
- Buprenorphine Screen, Urine 12/08/2021 Negative Negative Final Add-on order LAB2891 Buprenorphine, Urine, Confirmation if confirmation desired.
- Cannabinoids Screen, Urine 12/08/2021 Positive Negative Final
   (A)
   Add-on order LAB3117 Cannabinoids, Urine, if confirmation desired.
- Cocaine Metabolite Screen, 12/08/2021 Negative Negative Final

# Urine

Add-on order LAB379 Cocaine, Urine, Confirmation if confirmation desired.

<ul> <li>Ethanol Screen, Urine</li> <li>Fentanyl Screen, Urine Add-on order LAB2903 Fentanyl</li> <li>Methadone Screen, Urine Add order LAB2925 Methadone,</li> </ul>	12/08/2021	Negative	Negative	Final Final Final
<ul> <li>Opiates Screen, Urine Screen for Morphine, Codeine, H Add on order LAB2926 Opiates</li> </ul>				
<ul> <li>Oxycodone Screen, Urine Add-on order LAB2926 Opiates</li> </ul>	12/08/2021 and Oxycodone	Negative , <i>Urine, Con</i>	Negative firmation if confirmation d	Final esired.
<ul> <li>Tramadol Screen, Urine Add-on order LAB2826 Tramado</li> </ul>	12/08/2021 of Confirmation,	Negative <i>Urine, if con</i>	Negative firmation desired.	Final
Initial Urine Creatinine	12/08/2021	74.8	>=15 mg/dL	Final
Color, Urine	12/08/2021	74.0 Yellow	Colorless, Light yellow,	Final
	12/00/2021	Tellow	Yellow	i illai
<ul> <li>Clarity, Urine</li> </ul>	12/08/2021	Clear	Clear	Final
• pH, Urine	12/08/2021	6.5	5.0 - 9.0	Final
Glucose Urine	12/08/2021	Negative	Negative	Final
Protein, Urine	12/08/2021	Negative	Negative, 10 mg/dL, 20 mg/dL	Final
<ul> <li>Ketones, Urine</li> </ul>	12/08/2021	Negative	Negative	Final
• Blood, Urine	12/08/2021	Negative	Negative	Final
Nitrite	12/08/2021	Negative	Negative	Final
<ul> <li>Leukocytes Urine</li> </ul>	12/08/2021	Negative	Negative, Trace	Final
Specific Gravity, Urine	12/08/2021	1.015	1.001 - 1.035	Final
White Blood Cells, Urine	12/08/2021	<3	<=4 /hpf	Final
Red Blood Cells, Urine	12/08/2021	1	<=2 /hpf	Final
Bacteria, Urine	12/08/2021	Negative	Negative	Final
Hyaline Casts	12/08/2021	<10	<=10 /lpf	Final
Urinalysis Comment	12/08/2021		i e api	Final
Specimen sent in preservative.	12,00,2021			- mai
Lab on 11/22/2021				
Component	Date	Value	Ref Range	Status
Sodium	11/22/2021	142	135 - 146 mmol/L	Final
Potassium	11/22/2021	4.1	3.4 - 5.2 mmol/L	Final
Chloride	11/22/2021	106	98 - 110 mmol/L	Final
Total CO2	11/22/2021	23 (A)	24 - 32 mmol/L	Final
Anion Gap	11/22/2021	13	2 - 15 mmol/L	Final
• BUN	11/22/2021	19	7 - 24 mg/dL	Final
Creatinine, Blood	11/22/2021	1.1	0.6 - 1.3 mg/dL	Final
Glucose, Blood	11/22/2021	113	70 - 118 mg/dL	Final
Calcium	11/22/2021	9.6	8.5 - 10.5 mg/dL	Final
Estimated GFR(CKD-EPI)	11/22/2021	66	>=60 mL/min/BSA	Final
This Cr-based equation underes CYSTATIN C WITH GFR ESTIN needed.	timates GFR in	patients with	n increased muscle mass.	Order

Clinical Notes (continued)					
Hemoglobin A1C	11/22/2021	5.3	4.6 - 5.6 %	Final	
Estimated Average Glucose	11/22/2021	105	mg/dL	Final	
<ul> <li>Prostate Specific Ag</li> </ul>	11/22/2021	0.9	0.1 - 7.2 ng/mL	Final	
Method: Abbott					
Cholesterol	11/22/2021	170	125 - 200 mg/dL	Final	
<ul> <li>Triglycerides</li> </ul>	11/22/2021	52 (A)	55 - 150 mg/dL	Final	
<ul> <li>HDL Cholesterol</li> </ul>	11/22/2021	81 (A)	40 - 65 mg/dL	Final	
<ul> <li>LDL Cholesterol</li> </ul>	11/22/2021	79	<130 mg/dL	Final	
<ul> <li>Non-HDL Cholesterol</li> </ul>	11/22/2021	89	<190 mg/dL	Final	
Normal primary prevention	<190 mg/dL				
High risk primary prevention	<160 mg/dL				
Secondary prevention	<130 mg/dL				
High risk secondary preventi	on <100 mg/dL				
<ul> <li>VLDL Cholesterol</li> </ul>	11/22/2021	10	8 - 71 mg/dL	Final	
<ul> <li>Ratio Chol/HDL</li> </ul>	11/22/2021	2.1	2.0 - 5.0	Final	

#### ASSESSMENT AND PLAN

#### 1. Cervical radiculopathy

Other than some mild ttp in L occipital region, neck and L arm exam normal.

Red flags are age, progressive sx

Recommend neurosurg eval, MRI ordered

He will start icing neck and L side TID x 15 min, continue moist heat, rest, muscle relaxant if helpful.

- Ambulatory referral to Neurosurgery; Future

#### 2. Neck pain, chronic

- MRI Cervical Spine WO Contrast; Future

- cyclobenzaprine (FLEXERIL) 10 MG tablet; Take 1 tablet (10 mg total) by mouth 3 times a day as needed for muscle spasms Take 1 tab by mouth at bedtime as directed. Dispense: 30 tablet; Refill: 5

#### 3. Left arm numbness

- Ambulatory referral to Neurosurgery; Future

#### 4. Chronic insomnia

UTD on UDS and contract. He is frustrated that he cannot get refills automatically on this and we did discuss risk profile and policies surrounding controlled substance prescribing. I told him to call next time he needs a refill and request a few days extra to get him onto a rotation of weekday refills so that he does not run out on the weekend.

Follow-up: No follow-ups on file.

#### ATTESTATIONS

We discussed **burner memory** new and current medications, including risks, benefits, and potential side effects. The patient expressed understanding and no barriers to adherence were identified.

tinued)	diaataa	understanding of and agreement with above plan of care.	
	inued)		

ent for face to face and on face to face care on the day of this encounter is 30 minutes.

Problems updated today: Problem Chronic Insomnia

#### Imaging

ging		
MRI Cervical Spine WO Contrast (Completed)		
	/22 1100 Status: Com	lete
Ordering mode: Standard		
Frequency: Routine 06/09/22 -	Class: Ancillary Performed	
Quantity: 1	Indications of use: Neck pain, chronic, degenerative change xray	s or
Indications comment: hx cervical radiculopathy, DDD,	), last MRI 2016, now with progressive sx	
Diagnoses		
Neck pain, chronic [M54.2, G89.29]		
Provider Details		
Provider	NPI	
Questionnaire		
Questionnaire Question	Answer	
	Answer No	
Question		

#### Indications

Neck pain, chronic [M54.2, G89.29 (ICD-10-CM)]

#### Visit Information **Provider Information Encounter Provider** Authorizing Provider **Referring Provider** Department Name Address Fax Phone Level of Service Level of Service

PR OFFICE/OUTPATIENT ESTABLISHED LOW MDM 20-29 MIN

Clinical Notes



#### Date of Service: 3/16/2022

Chief Complaint: Chief Complaint Patient presents with

Hypertension

#### History of Present Illness:

s a 73 y.o. male who presents today for telephone/telehealth visit for above issues. Patient is informed that this is a telehealth visit, that there may be co-pays or deductibles associated with this visit. The patient is also informed that some medical problems cannot be managed with video visits alone and may require an in person visit. Patient agrees verbally to a tele health visit.

Reviewed

Again discussed his labile blood pressure. He continues to run somewhat high in the morning and then go down as the day goes on. On weekends when he is not working blood pressure control is somewhat better but still above goal in the 140s on weekends. After he exercises it tends to go low, after he takes Viagra tends to Be lower. Has been inconsistent with his medication, but right now is taking 2-1/2 mg of amlodipine in the morning and 5 mg at night. Side effects Of erectile dysfunction with lisinopril and diuretics.

Past Medical History:	
Diagnosis	Date
Actinic keratosis	5/29/2012
Actinic Keratosis	
<ul> <li>Benign neoplasm of colon</li> </ul>	
<ul> <li>Benign prostatic hypertrophy without urinary obstruction</li> </ul>	6/27/2014
HYPERTROPHY (BENIGN) OF PROSTATE W/O URINARY OBST & amp; OTH LU	TS - 600.00:
HYPERTROPHY (BENIGN) OF PROSTATE W/O URINARY OBST & amp; OTH LU	TS - 600.00
Generated on 7/21/22, 9:07 AM	

Clinical Notes (continued)	
Breast pain	12/1/2014
Breast Pain	40/5/0040
Chronic narcotic use	12/5/2016
2/9/2021 received notice from his insurance company alerting me to the combinatio	
benzodiazepine and opiate. Reviewed chart, patient has already had this conversa previous PCP and is aware that we will not be continuing opiates in the setting of cl	
benzodiazepine use. 3/10/2021 patient appears to be a low risk status at this time	
intermittent use of hydrocodone be	<i></i>
<ul> <li>Degeneration of cervical intervertebral disc</li> </ul>	3/21/2011
Cervical Disc Degeneration: CERVICAL DISC DEGEN - 722.4	
<ul> <li>Degeneration of lumbar intervertebral disc</li> </ul>	2/24/2010
Lumbar Disc Degeneration	
Dyschromia	3/4/2014
Dyschromia • Esophageal reflux	
Esophagean renux     Hematuria	9/6/2013
Hematuria	5/0/2015
Hydrocele of testis	12/22/2011
Testicular Hydrocele	
<ul> <li>Hypercholesterolemia</li> </ul>	6/27/2014
Hypercholesterolemia: PURE HYPERCHOLESTEROLEM - 272.0	
Inguinal hernia	1/17/2013
<ul> <li>Inguinal Hernia</li> <li>Inguinal hernia without mention of obstruction or gangrene, unilateral or unspecified</li> </ul>	ı
(not specified as recurrent)	'a
<ul> <li>Localized superficial swelling, mass, or lump</li> </ul>	12/1/2014
Lump In / On The Skin	
Low back pain	3/21/2011
Lower Back Pain	
Male erectile disorder	9/12/2013
Male Erectile Disorder	
<ul> <li>Occlusion and stenosis of carotid artery without mention of cerebral infarction</li> <li>Prostatitis, unspecified</li> </ul>	
<ul> <li>Rupture of right biceps tendon</li> </ul>	10/6/2014
Text: Rupture Of The Bicipital Tendon Of The Right Arm	10/0/2014
Shoulder joint pain	12/1/2014
Joint Pain, Localized In The Right Shoulder	
Spermatocele	9/6/2013
Spermatocele	
Syncope and collapse	40101004.4
Text: Rupture Of The Bicipital Tendon Of The Right Arm     Text: Rupture Of The Bicipital Tendon Of The Bight Arm	10/6/2014
<ul> <li>Text: Rupture Of The Bicipital Tendon Of The Right Arm</li> <li>Varicose veins of lower extremities</li> </ul>	6/27/2014
Varicose Veins of Lower Extremities	J/27/2017
Vertigo	8/25/2011
Vertigo	

# **Current Outpatient Medications**

Medication	Sig	Dispense	Refill
<ul> <li>amLODIPine (NORVASC) 5</li> </ul>	Take 1 tablet (5 mg	90 tablet	3
MG tablet	total) by mouth daily.		
ASCORBIC ACID WITH ROSE	TAKE ONE TO		

Clinical	Notes	(continued)	

HIPS 500 MG tablet	TABLETS DAILY		
<ul> <li>cyclobenzaprine (FLEXERIL) 10 MG tablet</li> </ul>	Take 1 tablet (10 mg total) by mouth 3 times a day as needed for muscle spasms. Take 1 tab by mouth at bedtime as directed	30 tablet	5
<ul> <li>LORazepam (ATIVAN) 1 MG tablet</li> </ul>	Take 2 tablets (2 mg total) by mouth at bedtime for 5 days.	56 tablet	1
• melatonin 3 mg Tab tablet	TAKE 1 CAPSULE AT BEDTIME AS NEEDED.		
<ul> <li>multivitamin capsule</li> </ul>	Take 1 capsule by mouth daily.		
<ul> <li>rosuvastatin (CRESTOR) 5 MG tablet</li> </ul>	Take 1 tablet (5 mg total) by mouth daily.	90 tablet	3
Text: Stress B Complex TABS	TAKE 1 TABLET DAILY AS DIRECTED.		
<ul> <li>tretinoin (RETIN-A) 0.05 % cream</li> </ul>	Apply a pea-sized amount to the face at bedtime	45 g	11
<ul> <li>VIAGRA 100 mg tablet</li> </ul>	Take 1/2 - 1 tablet by mouth daily prior to activity as directed		
<ul> <li>VITAMIN D3 1,000 unit capsule</li> </ul>	(Patient taking differently: Take 5,000 Units by mouth daily. bid)		

No current facility-administered medications for this visit.

Allergies		
Allergen		Reactions
<ul> <li>Advil [Ibuprofen]</li> <li>Blood in urine</li> </ul>		Other (See Comments)
<ul> <li>Aspirin</li> </ul>		Hives
Chlorthalidone <i>Erectile dysfunction</i>		Other (See Comments)
• Lisinopril Lightheadedness		Other (See Comments)
Social History		
Socioeconomic History		
Marital status:	Domestic Partner	
<ul> <li>Number of children:</li> </ul>	3	

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Tobacco Use

Clinical Notes (continued)		
Smoking status:	Never Smoker	
<ul> <li>Smokeless tobacco:</li> </ul>	Never Used	
Substance and Sexual Activity		
Alcohol use:     Comment: daily	Yes	
Drug use:	Yes	
Types:	Marijuana	
<ul> <li>Sexual activity:</li> </ul>	Yes	
Partners	Female	
Birth control/protection:	Surgical	

# Review of Systems:

Infection around the holidays he has had a vague frontal morning headache, no morning or brain fog. No chest discomfort or chest tightness. No leg edema,

### **Current Vitals:**

There were no vitals filed for this visit. He appeared alert and well

<u>Results:</u> Lab Results Component	Value	Date
WBC	6.43	03/09/2022
HGB	13.4 (L)	03/09/2022
HCT	42.6	03/09/2022
PLT	178	03/09/2022
CHOL	170	11/22/2021
TRIG	52 (L)	11/22/2021
HDL	81 (H)	11/22/2021
ALT	29	03/09/2022
AST	27	03/09/2022
NA	139	03/09/2022
К	4.3	03/09/2022
CL	104	03/09/2022
CREATININE	1.2	03/09/2022
BUN	19	03/09/2022
CO2	27	03/09/2022
TSH	1.12	03/09/2022
PSA	0.7	03/09/2022
INR	1.09	04/20/2011
GLUCOSE	183 (H)	03/09/2022
HGBA1C	5.3	03/09/2022

### Assessment and Plan:

- 1. Benign essential hypertension
- 2. Blood pressure instability
- 3. Other male erectile dysfunction

### Ambulatory referral to Cardiology

.....

With blood pressure instability. He has had great inability to take medications consistently either due to side effects or experimenting with different regimens. I encouraged him to take the amlodipine 5 mg twice a day for 2 weeks and then submit some home blood pressure readings. He like to see a cardiologist and discussed other options and whether or not he should have any screening cardiac tests. He has an appointment set up with nephrology but would prefer to see cardiology and I think that is reasonable. We had a long discussion about many of the stresses in his life around caring for his mentally ill son, expensive divorces, and some financial pressures.

He/She will continue to monitor and will call or return to clinic if symptoms worsen, do not improve, with the onset of new symptoms, or with any additional questions or concerns. He/She is in understanding and agreement with this plan.

#### **Telehealth Documentation**

This telehealth visit was done using: Epic video

Level of service determined by: time: total time spent for face-to-face and non-face-to-face care on the day of this encounter is 25 minutes.

The physical location of the provider of care is within a **second second**, and the location of the patient is separate from the provider of care at the time the services were delivered.

The patient or patient's representative provided informed consent to participate in this telehealth visit, understands that the services delivered by the provider are part of their continuing care, and knows how to access in-person care if needed.



Department			
Name	Address	Phone	
Labs			

Questionnaire		
Question	Answer	
Delegge to notiont	Immediate	

Release to patient	Immediate

#### Specimen Information

ID	Туре	Source	Collected By				
22BU-068H0622	Blood	—					
CPC (Abnormal)		D	Resulted 02/00/22 1522 Result status Final r	esult			

# Components

Component	Value	Reference Range	Flag	Lab
WBC	6 43	4 00 - 11 00 K/uL		
RBC	4 78	4 50 - 5 90 M/uL	_	
Hemoglobin	13 4	13 8 - 17 4 g/dL	L¥	
Hematocrit	42 6	41 0 - 51 0 %	_	
MCV	89	80 - 96 fL	_	
RDW	14 0	11 6 - 14 6 %		
Platelet Count	178	150 - 450 K/uL	_	

# Testing Performed By

# Indications

Lightheaded [R42 (ICD-10-CM)]