

PRIVATE AND CONFIDENTIAL

Your 3D Health Plan

Name: MOUSE, Minnie (Miss)

Address: 1 Hollywood Rd, Knowle, Bristol

Date of your 3D GP review: 17-Sep-2017

Usual doctor: PETERS, AR (Dr)

Thank you for coming today for the second part of your 3D review. We want to treat you as a 'whole person' by thinking about all of your health problems in one go.

The aim of the 3D review is to make a plan with you for your most important health problems.

We agreed the following plans to improve your health.

First problem	Breathlessness
How you can try to help yourself	See the nurse for advice about giving up smoking
How we can try to help you	Offer nicotine replacement
Second problem	Pains in knees
How you can try to help yourself	Try to lose weight - attending slimming world might help. Try to stop buying cakes
How we can try to help you	Vouchers for slimming world. Painkillers
Third problem	Your blood sugar was a bit high
How you can try to help yourself	Attend for a repeat test
How we can try to help you	Have a fasting blood test soon
Fourth problem	
How you can try to help yourself	
How we can try to help you	

Other comments:

I very much hope that you found this review helpful and convenient.

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We will invite you for another review in about 6 months time. In the meantime we can work together on the plan we have outlined above.

Kind regards

SALISBURY, Chris (DR)

PS. I have included some of your recent test results below. Please ask me if you'd like me to explain what these mean.

Recent test results

Haemoglobin

Kidney function (eGFR)

Cholesterol

Total chol/ HDL ratio

Thyroid: TSH

Thyroid function T4

Diabetes: HBA1C

Blood glucose

PHQ9 mood score 17-Sep-2017 : 12 /27