Sample Roadmap. Name and details changed for privacy.

VENTURE WELLNESS

Direct Primary Care
2342 Colony Crossing Pl, Midlothian, VA 23112
Office (804) 601-8625

YOUR VENTURE HEALTH ROADMAP

Know where you stand. Know what comes next.

PREPARED FOR Jordan Sample

DATE November 9, 2026

- [x] First Roadmap
- [ ] 6-month check-in
- [ ] Annual review

- [x] Complete: results reviewed
- [ ] Draft: we'll update it when results are back

YOUR PROVIDER Danielle Braithwaite, MSN, FNP-C

What this is. A short summary of where your health stands today, what deserves attention first, and who does what next. It isn't your full medical record; that stays in your patient portal. We look at it again at your 6-month check-in and at your yearly visit, and update it whenever your plan changes.

1 Your health snapshot

BASELINE

WHAT BROUGHT YOU IN

No regular primary care provider for about four years. Blood pressure readings at the pharmacy have been running high. Wants to get ahead of the type 2 diabetes that runs in the family.

CONDITIONS WE'RE MANAGING

Seasonal allergies. Blood pressure above the healthy range (Priority 1). Blood sugar in the prediabetes range (Priority 2).

MEDICATION NOTES

Reviewed together: daily allergy tablet and vitamin D. No changes today.

STARTING MEASUREMENTS

MEASURE	TODAY	WHAT IT MEANS
Blood pressure	138/86	Above the healthy range. Home readings will tell us more.
Weight	182 lb	Starting point.
Body composition	Body fat 36%	Recheck in about 90 days.
A1C (blood sugar)	5.9%	Prediabetes range is 5.7 to 6.4%.
LDL cholesterol	148 mg/dL	Higher than we'd like. Recheck with your A1C.

2 Your top health priorities

PRIORITIES

1

PRIORITY

Bring your blood pressure into a healthy range

WHY IT MATTERS

Lowering it now protects your heart, brain and kidneys over the long run.

WHAT MATTERS TO YOU

"I'd like to avoid medication if changes at home can do it."

2

PRIORITY

Lower your blood sugar before it becomes diabetes

WHY IT MATTERS

An A1C of 5.9% means a higher risk. Changes made now are the most effective ones.

WHAT MATTERS TO YOU

"My dad has diabetes. I don't want to follow that path."

3

PRIORITY

Catch up on overdue screenings

WHY IT MATTERS

Colon and breast cancer screening are recommended at your age, and they're easiest to keep current once they're on a schedule.

WHAT MATTERS TO YOU

"Make it simple. I'm busy."

SAMPLE

3 Your action plan

PLAN

WHAT WE AGREED	WHO	WHEN
Check your blood pressure at home, morning and evening, for 2 weeks. Text us the readings.	You	By Nov 23
Review your home readings and decide together whether medication is needed.	Danielle	When readings are in
Walk 30 minutes, 5 days a week. Start with what fits and build up.	You	Starting now
Swap sugary drinks for water or unsweetened options. Add vegetables to lunch and dinner.	You	Starting now
Send your mammogram order to the imaging center you choose.	Our team	This week
Return the colon screening kit (included in your membership).	You	By Nov 23
Recheck A1C and cholesterol with your body composition check.	Danielle	About Feb 2027

EVERYDAY HABITS WE TALKED ABOUT

Sleep and stress came up. Seven hours a night is the goal; we'll talk about what gets in the way at your follow-up.

4 Screening and prevention

ITEM	STATUS	LAST DONE	NOTES
Blood pressure	Done today	Nov 3	Above the healthy range. Home log in progress.
Cholesterol	Done today	Nov 3	Recheck about Feb 2027
Diabetes screening	Done today	Nov 3 (A1C)	Recheck about Feb 2027
Colon cancer screening	Due		Kit given Nov 3
Breast cancer screening	Due		Order sent to your imaging center
Cervical cancer screening	Up to date	2024 (records)	Next due 2029
Skin check	Done today	Nov 3	Nothing concerning. Yearly.
Vaccines	Due		Flu and tetanus booster due at your pharmacy. Shingles starts at 50.

Status: Up to date · Done today · Due · Not needed now. Only the screenings that fit your age, history and risk are listed. We don't give vaccines in the office, but we track what's due and tell you where to get them.

SAMPLE

5 What happens next

FOLLOW-THROUGH

RESULTS WE'RE WAITING ON

None. All results from your Nov 3 visit were reviewed on Nov 7.

REFERRALS

Mammogram at the imaging center you choose (billed to your insurance).

YOUR NEXT VISIT

Blood pressure follow-up in early December, once your home readings are in.

NEXT ROADMAP REVIEW

Your 6-month check-in and Roadmap update, about May 2027.

YEARLY VISIT November 2027

Text Danielle

(804) 531-6731

Questions about your plan, readings, refills. 9 AM–5 PM, Monday–Friday.

Call the office

(804) 601-8625

Scheduling and billing.

Never for emergencies. Chest pain, trouble breathing, stroke signs or anything that feels like an emergency: call 911. Mental-health crisis: call or text 988.