



Appointment checklist

Make sure you're ready for your appointment

Please bring to your visit:

- Your insurance card and photo ID
- Any forms you were asked to complete
- A list of all of your current medicines, including vitamins and supplements (or bring your medicine bottles)
- Any medical records that you may have
- A list of questions for your doctor
- The names of any specialists you see

Please circle what you'd like to talk about at your visit:



Medicines



Screenings



Health problems



Shots (like flu or COVID-19)



Test results



Other (use other side to give more details)

Please circle any health goals you'd like help with:



Exercise



Diet and healthy eating



Weight loss



Coping with loneliness or depression



Changing unhealthy habits



Taking medicine correctly

At your visit, your doctor will:

- Talk about your health and answer any questions you have
- Check your blood pressure, weight and other vital signs
- Talk about screenings or tests you may need
- Check your medicines
- Set your health goals
- Create a care plan to help you reach your goals

Notes:



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