



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:

