# **Optum**

## **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
$\hfill \square$ 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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