

# Your doctor's appointment checklist

When you meet with your primary care provider (PCP), you get the chance to discuss your overall health. Your PCP will make sure you are up to date on vaccinations and screenings and will send you to specialists when needed. You can use the following checklist to help you keep track of topics to go over together.

## Information about my care team:

PCP: \_\_\_\_\_

Care Manager: \_\_\_\_\_

Specialists: \_\_\_\_\_

Other: \_\_\_\_\_

## Before your visit

Spend a few minutes before your appointment jotting down or thinking about things you want to bring up. This could include:

- Health concerns or life changes since your last visit
- New or worsening symptoms
- List of medications you're taking and any questions or side effects you're having
- Any hospitalizations, visits to the emergency room (ER), or urgent care since your last visit
- Emotional health (feeling down or stressed)
- Questions or concerns regarding drug or alcohol use (for you or a loved one)

## Notes:

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## During your visit

Here are examples of what you can ask about and discuss with your doctor. Use the blank spaces to fill in any notes to keep track.

**My weight:** \_\_\_\_\_ lbs.

- Is it at a healthy level?

**My blood pressure:** \_\_\_\_\_ / \_\_\_\_\_

- Is my blood pressure high?  
- If yes, what is a healthy plan to help me lower it?
- How often do I need it checked?

**Am I due for any of the following?**

- Vaccinations? \_\_\_\_\_
- Screenings? \_\_\_\_\_
- Blood tests? \_\_\_\_\_

**For patients with diabetes**

- Hemoglobin A1c test (HbA1c)
- Kidney monitoring test
- Eye exam

**Activity**

- How much and what type of exercise is right for me?

**Sleep**

- How many hours of sleep should I get each night?
- Bring up any sleep problems

**Notes:**

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## After your visit

- Schedule any vaccinations or tests you're due for if they weren't given to you during your appointment
- Schedule your next visit as recommended by your provider
- Follow up on referrals and schedule recommended specialist visits
- Pick up medications

