Be an active member of your healthcare team—be prepared for your visit!

Before:

Make a list of your health questions to share with your medical team, including:

• How can I learn more about my health?
• What screening tests do I need given my age and risk factors?
• Is there anything in my family history that puts me at risk for disease?
• Do any of my prescription medications, vitamins, or herbal supplements need to be updated or reviewed?
• Should I be taking any additional/new vitamins or supplements?
• Can we talk about my blood pressure and cholesterol? Are the levels normal? How often should I get these checked?
• What should I do before my next visit?

Bring the following with you to your appointment:

• A list of your family medical history (pay special attention to the histories of your parents and siblings)
• A list of other healthcare providers you have seen recently (specialists, hospitals, emergency rooms, or urgent care) and the reasons you visited them.
• A list of all of your medications including
  – prescription eye drops
  – inhalers
  – over-the-counter medications
  – natural and herbal medicines
  – vitamins, and supplements, to every appointment
• Your insurance card or other insurance information

During:

• Talk with your team about what health issues to work on first.
• Repeat back the items you have discussed with your team to be sure the information is clear.
• Be sure you know what you should do after you leave the office.

After:

• Take all prescriptions, over-the-counter medications, vitamins, and supplements exactly as prescribed/recommended by your provider.
• Contact your primary care provider’s office if you do not receive test results within two weeks