

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