



Get ready for your appointment.

Use this handy checklist.

- Make a list of any concerns that you want to discuss with the doctor. Look at the list and place in order your questions by their importance.
- Be prepared to share as much health history information as possible.
- Make a list of health care providers you have visited.
- Bring all medications including prescriptions, over-the-counter, natural and herbal, with you to the appointment.
- Bring your insurance card or other insurance information with you to your appointment along with a photo ID.
- If you wish, ask a family member or trusted friend to go to your appointment with you.