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
☐ 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: