

Healthcare Provider Visit Checklist:

Date, Time and Location of your appointment:

Ask for paperwork (Have forms mailed to you before visit):

Healthcare Provider being seen:

Reason for appointment:

What to bring to your appointment:

- insurance card and co-payment

- list of medications/supplements and their doses (or bring your medications)

- list of the other healthcare providers you see

- ask a friend or caregiver to accompany you if possible (your second set of ears)

- bring water, snack, magazine and this paperwork

- wear comfortable clothes

- bring eyeglasses and hearing aids

- bring this checklist

- bring your patience

Changes to Discuss:

Are you having any trouble with your medications or any recent medication changes?

Have you had any recent hospitalizations, surgeries or emergencies?

Have you had any recent accidents, injuries or falls?

Any changes with your diet, appetite, alcohol or tobacco use?

Medical Concerns:

Concern #1

Write Down (Before Doctors Visit) -- Your first most important medical condition

Write Down (During Doctors Visit) -- Doctors Diagnosis and Treatment Plan

Concern #2

Write Down (Before Doctors Visit) -- Your second most important medical condition

Write Down (During Doctors Visit) -- Doctors Diagnosis and Treatment Plan

Concern #3

Write Down (Before Doctors Visit) -- Your third most important medical condition

Write Down (During Doctors Visit) -- Doctors Diagnosis and Treatment Plan

Include name of medication, dose and how often you take each medication

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