# **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?

Wedical 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

### Communication:

## During the Doctor's Visit -

- Tell the doctor your medical concerns
- 2. Answer the doctor's questions
- 3. Ask the doctor for the diagnosis and treatment plan
- 4. Repeat back to the doctor what you heard
- 5. Write it down on the medical concerns page
- 6. Are you comfortable with the doctor's diagnosis and treatment plan?
  - a. I do not understand, could you explain it to me again?
  - b. What else could it be? If there anything in my history that would contribute to this?
  - c. Do I have other options? Are there other medications or tests that can be performed?
  - d. How will the new medication interact with my current medications?

## Before you leave the doctor's office -

- 1. Ask the doctor What the follow up plan is
- 2. Ask the doctor Who to call with questions
- 3. Write down next appointment (date and time)

Notes:

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