Before Your Doctor's Appointment

Prepare to get the most out of your visit!

Use this checklist to mark the topics most important to you right now. Fill it out ahead of time. Then, bring this sheet—plus a list of your prescription and over-the-counter medications—to the appointment with you.

WHAT I WANT TO TALK ABOUT:

- ☐ **New or ongoing symptoms**
- ☐ **Mental health concerns** (e.g., stress, anxiety, depression)
- ☐ **Any falls or balance issues**
- ☐ **Incontinence/bladder control**
- ☐ **Hearing trouble**
- ☐ **Memory concerns**
- ☐ **Sleep problems or fatigue**
- ☐ **Weight changes**
- ☐ **Preventive screenings** (colonoscopy/other cancer screenings, bone density, diabetes)
- ☐ **Vaccinations** (e.g., flu, shingles, COVID-19)
- ☐ **Recent medication changes**
- ☐ **Concerns about medication side effects**
- ☐ **Prescription refills needed**
- ☐ **Other concerns**

Add extra details here about the checked-off items above. How are you feeling? What are your specific concerns? Jot down anything you don't want to forget.

NOTES:

Excellus MEDICARE

At Your Doctor's Appointment

Make an action plan!

Work with your primary care provider to fill in these details. Don't leave without understanding your care plan and what you need to do next.

TESTS OR SCREENINGS I NEED:

Test name: _____

Who will schedule it (me, my provider or another office): _____

If I need to schedule it, here's the number to call: _____

Test name: _____

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CHANGES TO MY MEDICATIONS (new prescriptions or dosage adjustments):

Medication name: _____

New dose: _____

When to take it: _____

Medication name: _____

New dose: _____

When to take it: _____

OTHER TAKEAWAYS (such as diet, exercise, sleep or other recommendations):

_____

_____

_____

_____

_____

_____

UPCOMING APPOINTMENTS:

Provider: _____

Reason: _____

Provider: _____

Reason: _____

STOP: Do you still have questions?
Ask them now before you leave the doctor's office!