

Have a great doctor visit

Get the most out of your appointment by using this checklist

List any specialists or other doctors you're seeing:

Write down your prescriptions, over-the-counter medications, supplements or vitamins:

You may want to ask your doctor these questions:

- Am I taking them correctly?
- Are there any side effects?
- Is there a lower cost option?



**PREFERRED
CARE NETWORK**

Formerly Medica Healthcare

Write down any tests ordered during your appointment:

Talk about what follow-up to expect to avoid any frustration later:

- When can I expect results?
- Will I receive a follow-up call?
- Do I need a follow-up appointment?

Talk to your doctor and discuss treatment options if you have:

- Fallen
- Problems balancing or walking
- Problems with leaking of urine
- Difficulty sleeping
- Felt sad or blue

Discuss your activity or exercise level. Ask your doctor if you should start, increase or maintain your current exercise level.
