

# Doctor's Visit Checklist

Before your appointment with the doctor, be certain you have everything you need. Even if your visit is a routine checkup, review this checklist before any doctor's appointment to avoid missing anything:



## Materials that you need for a doctor's visit:

- > Insurance card/information
- > Medication list
- > Health profile/history
- > Questions on any new symptoms, treatments or conditions

## \* Review this checklist before any doctor's appointment

1. **How's my health overall?**

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2. **Are you concerned about any aspect of my health? Which one(s) and why?**

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3. **Are there any tests I should have based on my age or for other reasons?**

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4. **Do you have any recommendations about lifestyle modifications I should make, such as exercise, quitting smoking or changing my diet?**

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Notes:

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Asking the right questions will make you feel better.