

Your Doctor Visit Checklist

Make the most of your doctor's appointment.

Here are some questions you should ask your doctor during your annual exam.

✓	Topic	Questions to ask	Notes
<input type="checkbox"/>	Blood pressure	What is my blood pressure? What is the normal range? What does this mean to me based on my family history?	
<input type="checkbox"/>	Cancer screenings	Do I need any cancer screenings? Talk about your results if you've had your screenings.	
<input type="checkbox"/>	Diabetes	What is my blood sugar level? What is the normal range? What does this mean to me based on my family history?	
<input type="checkbox"/>	Lab work	What routine lab work do I need?	
<input type="checkbox"/>	Test results	After I have a blood test, X-ray or other test, when will I get the results? Do I need to call to get the results?	
<input type="checkbox"/>	Vaccinations	Which vaccines do I need? How often do I need them?	
<input type="checkbox"/>	Medicines	Can we review my prescription and over-the-counter medicines (vitamins and herbal or mineral supplements)? (Bring a list of medicines you are taking.)	
<input type="checkbox"/>	Treatment plan from other doctors (if applicable)	Are you aware of the treatment plan that my other doctor has recommended?	
<input type="checkbox"/>	My medical records	How do I share my medical records with my other doctors?	
<input type="checkbox"/>	Mental health	Talk to your doctor about your emotional health, including excessive worry, not being able to sleep, becoming easily annoyed or irritated, feeling down or hopeless, having little to no energy or trouble concentrating.	
<input type="checkbox"/>	Follow-up care	Is there anything I need to follow up on? When should I schedule my next appointment?	

This is a guide. Some questions may not apply to your care.

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