

## **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
	Blood pressure	What is my blood pressure? What is the normal range? What does this mean to me based on my family history?	
	Cancer screenings	Do I need any cancer screenings? Talk about your results if you've had your screenings.	
	Diabetes	What is my blood sugar level? What is the normal range? What does this mean to me based on my family history?	
	Lab work	What routine lab work do I need?	
	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?	
	Vaccinations	Which vaccines do I need? How often do I need them?	
	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.)	
	Treatment plan from other doctors (if applicable)	Are you aware of the treatment plan that my other doctor has recommended?	
	My medical records	How do I share my medical records with my other doctors?	
	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.	
	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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