

# How to Get the Most Out of Your Doctor's Visit Checklist

## Before Visit

- Make a list of questions or topics you want to discuss
- Make a list of your medications and how you are currently taking them
  - Include over-the-counter medications, vitamins, and supplements
- Fill out any forms that are available in advance
- Consider inviting a support person and discuss expectations with them

## On Day of Visit

- Gather and bring everything that you will need for the visit
  - Insurance card, photo ID, form of payment, forms you completed in advance, your lists of questions and medications, hearing aids and glasses if needed
- Arrive about 15 minutes early to appointment

## At Visit

- Be honest
- Don't be embarrassed
- Advocate for yourself and your health
- Share your questions and concerns
- Share any updates since your last appointment
- Ask for clarification if needed
- Take notes on important points
- For heart health
  - Know your numbers: Hemoglobin A1C, Blood Pressure, Cholesterol
  - Ask about your overall cardiovascular risk
  - Ask what you can do to reduce your cardiovascular risk
- Check your understanding by summarizing and repeating back important points in your own words
- Confirm next steps including the plan for follow-up
- Request written instructions, visit summary, and test results if desired

## After Visit

- Follow your provider's instructions
- Communicate with your provider if you have any issues with new medications or if your symptoms or numbers fail to improve or get worse despite treatment

