

Be prepared for your next check-in appointment

Being prepared for your check in with your PCP will help ensure you have a complete overview of your health. We have created this sheet for you to fill out and bring to your next check-in appointment to help collect your questions and thoughts.

Review	your	phy	/sical	health.

- Sleep: - Diet: - Exercise:
- Other:

Check in on mental health.

- How have you been feeling lately?
- Have there been any changes to your mood?

Review your medical conditions.

- Are you taking any medications?
- Do you have any ongoing medical conditions?

Ask your doctor some important questions:

- Are you updated on your immunizations?
- What screening tests are recommended for you?
- How often should you be scheduling your check-ins?

Please note that these are reccommended topics and questions for you to ask your doctor and if you have any other questions you feel are important to ask your doctor, you should do so.