



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 physical 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?