SHOW UP EARLY
Paperwork might include your personal and family medical history, in addition to current symptoms.

WRITE DOWN WHAT YOU WANT TO DISCUSS
Make sure you capitalize on every minute you have with your physician. Write down everything you would like to discuss with him or her ahead of time so you do not forget anything.

BRING YOUR INSURANCE CARD
Remember to bring a form of ID, your insurance card and a method of payment.

PREPARE A LIST OF CURRENT MEDICATIONS
Write down the prescription and over-the-counter medications, vitamins and herbal supplements you’re currently taking. Include frequency and dosage taken.

BRING YOUR MONITORING LOG
Bring your daily monitoring log if you use one (blood pressure/heart rate log, diet log, activity log, blood sugar log).

PROVIDE A REFERRAL IF ONE IS NEEDED
Contact your health insurance provider if you’re not sure if you need a referral.
1. WHAT IS THE MAIN SYMPTOM?
What exactly is bothering you? What are the symptoms that you are feeling? When did your symptoms start? Are they frequent, all the time, just in the morning?

2. WHAT ARE THE TRIGGERS?
Is there something that triggers this? Does it only happen after you eat? Does it happen after you exercise or during your sleep?

3. HOW HEALTHY ARE YOU BEING?
How healthy are your eating habits? Are you regularly active? How many drinks do you have a week? Is your exercise and diet a dream or a reality?

4. HAVE YOU BEEN TAKING YOUR MEDICATIONS?
Have you been taking your prescribed medications as directed? Do you often miss a dose?

5. DO YOU HAVE FAMILY HISTORY?
Talk to your parents and other family members to see if a certain condition or disease runs in the family.