

# Pre-Appointment Checklist

## WRITE DOWN A LIST OF YOUR QUESTIONS AND CONCERNS, INCLUDING:

- Symptoms, family history, or exposure to other people who've been ill
- Questions you have, such as: "Why am I feeling this way?" and "What else can I be doing to feel better?" For more tips on asking questions see below.
- All medications you currently take, including over-the-counter medications, prescriptions, vitamins, and herbal remedies. Or, put all of them in a bag and bring it to your appointment.
- Also be sure to write down any allergies you might have. Note any bad reactions you have had to medications.

## THINK ABOUT ASKING SOMEONE SOMEONE TO GO WITH YOU

- Consider asking a trusted friend or family member to come with you, especially if you feel ill or have serious health problems. This person can help listen, take notes, and help you remember what was said.

## EDUCATE YOURSELF

- You may want to learn more about your symptoms or your diagnosis before your appointment. This can help you understand what your healthcare provider tells you. It can also help you know what questions you want to ask during your appointment.
- Resources: Your library, your health plan, and trustworthy websites.