



Preparing for a Visit with Your Primary Care Provider

It is important to take an active role in your health care with your primary care provider. This will enhance the quality of your care and ensure you are on the same page. Consider this checklist when preparing for a visit with your primary care provider to get the most out of your time together.

Pre-Appointment Checklist

- Prepare Questions: Write down any questions or concerns you have.
- Update Your Family Health History: Provide any NEW health issues in your family.
- Arrive Early: Aim to arrive 5-10 minutes before your appointment.

During the Appointment Checklist

- Be Honest: Share all relevant health concerns.
- Stay Focused: Ensure you focus on one concern at a time.
- Ask for Clarification: If you don't understand something, ask for an explanation.
- Take Notes: Write down important information and instructions.

Post-Appointment Checklist

- Follow Up: Follow prescribed treatments and schedule any follow-up appointments.
- Review Notes: Go over any notes or instructions given during the appointment.
- Monitor Health: Track any changes in symptoms or side effects from medications and book follow-up appointments if necessary.

Communication Tips

- Be Clear and Concise: Describe symptoms and concerns specifically.
- Express Your Goals: Communicate what you hope to achieve from the appointment.