

Make the most of your appointment time today



Ask when you can expect results or follow-up from any blood tests, X-rays or other tests ordered today



Tell your doctor about the specialists and other doctors you've seen within the last year



Discuss prescriptions, over-the-counter medications, supplements or vitamins you're taking and ask about generic or lower-cost options



Ask about getting a flu shot and why it's important



Tell your doctor if you've fallen or have problems with walking or balance



Talk about bladder control or issues with leaking of urine



Ask if you should start, increase or maintain your current exercise level



Tell your doctor if you're having difficulty sleeping or feeling sad or blue



Discuss where and how to get urgent care when needed

Please take a few moments to consider the questions below in preparation for your appointment with your provider. Space has been provided if you wish to write down your responses or other thoughts.



What are the top three health topics you would like to discuss today?

1. _____
2. _____
3. _____

Yes No Notes

	Yes	No	Notes
Do you have concerns about your balance, walking or falling?			
Do you have any physical or emotional difficulties that limit your ability to complete daily activities?			
Do you have concerns about bladder control or are you experiencing issues with leaking of urine?			
Do you feel downhearted, blue or have difficulty concentrating, sleeping, or remembering things?			
Are you interested in starting, changing or maintaining an exercise routine?			
Do you have any questions about any of the medications you are taking?			
Are you having any issues getting your medicines prescribed or filled?			
Do you find it easy to get the care, test, or treatment you need?			
Do you have any questions about results from labs, X-rays or other tests?			
Do you have questions about how to access urgent care?			
Do you get your annual flu shot?			
Do you need help coordinating the care you are receiving from other doctors or specialists?			
Have you seen any specialists since your last office visit?			



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