



# Make the most of your appointment

- ✓ **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

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