Be the expert on you.

Your provider needs your help to make a safe diagnosis and care plan. Please answer these five questions before your visit.

Why are you here today?
☐ New problem  ☐ Followup  ☐ Medicine refill  ☐ Something else

Has there been a change in how you are feeling since your last visit?
☐ Yes  ☐ No
When did it start?  ☐ Days  ☐ Weeks  ☐ Longer
How does it affect you?

Have you seen anyone else about your health?
☐ Yes  ☐ No
Whom did you see?

Do you have questions about...
☐ Medicines?  ☐ Tests?  ☐ Treatments?  ☐ Something else?

What are you worried about?

Be ready to share this information with your provider.

Thank you for being part of the care team.