

# Make the Most of Your Provider Visits

Regular appointments with your healthcare provider are a great time to ask questions, but your time may be limited. Use this checklist to stay organized before, during, and after your checkup to ensure you make the most of your time.

## Before your visit:

Gather important information, such as your medications, medical history, and any questions or concerns you'd like to discuss.



**Prescriptions:**  
*Include dosage, how often you take it, and why you take it*

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**Current medical conditions:**  
*Include surgeries and recent illnesses*

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**Over-the-counter medications and/or supplements:**  
*Examples: pain relievers, vitamins, or herbal remedies*

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**Questions for your visit:**

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# During your visit:

Use this space to take notes at your appointment.



## Diagnoses:

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## Treatment options:

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## Tests:

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## Medication instructions:

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## Next steps:

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# After your visit:

Now is your chance to follow the instructions given by your provider. Be sure to:

- Take medications as prescribed.
- Talk to your provider or pharmacist before stopping any medications or treatment.
- Attend any follow-up appointments or tests.
- Call your provider if you have further questions or worsening symptoms.



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Health Plan