

Journey to Wellness — A free self-guided healthy living program

Prepare for your next visit

Use this tool to make the most out of your next in-person or video appointment.

Before your appointment

- Talk with your health insurance company to find out what preventive services your plan covers.
- Complete any provided questionnaires.
- Write down your concerns and rank them in order of importance. Questions to consider asking:
 - How can I improve my health?
 - Are there conditions or diseases that I am at risk for?
 - What are the possible side effects of the medications I take?
 - Are there resources that will help me understand my medical conditions?

If it's a virtual (video) appointment, double check technology

- Confirm your equipment is working.
- Test your connection.

Prepare a checklist or write down what you would like to discuss

Be prepared to discuss:

- Reason for your visit
- New concerns
- Medical conditions, past and present
- Past surgeries
- Prescriptions and nonprescription medications, vitamins and herbal remedies
- Allergies
- Immunization records
- Family health history

Describe new symptoms and recent changes in symptoms

Be prepared to discuss:

- How long have you had the problem?
- What does it feel like?
- How often do the symptoms occur?
- What brings on the symptoms?
- What reduces the symptoms?
- Is the problem getting worse?
- Have other family members had similar issues?

Share information and be honest about your concerns and health conditions.

Recap what you have discussed after your appointment.

- Ask clarifying questions if you have any.
- Call or message your provider on your patient portal if you have any questions after your appointment.

