

Doctor's Visit Checklist

Asking the right questions will make you feel better.

Have you ever left the doctor's office a little confused? What did she say about the doohickey that's wrong with me? Oh, and what was that test thingamajig for again? We've all been there. It's especially hard to remember what to ask. So we've enlisted the help of Drs. Mehmet C. Oz and Michael F. Roizen, the authors of the best-selling book *YOU: The Smart Patient*.

Before your appointment with the doctor, be certain you have everything you need. Even if your visit is a routine checkup, review this checklist before any doctor's appointment to avoid missing anything:



Materials that you need for a doctor's visit:

- ▶ Insurance card/information
- ▶ Medication list
- ▶ Health profile/history
- ▶ Questions on any new symptoms, treatments or conditions

Questions:

1. How's my health overall?

2. Are you concerned about any aspect of my health? Which one(s) and why?

3. Are there any tests I should have based on my age or for other reasons?

4. Do you have any recommendations about lifestyle modifications I should make, such as exercise, quitting smoking or changing my diet?

Notes:
