

Preparing for a Doctor Visit

1. I am in pain: yes no

2. I need to talk to the doctor about:

3. I have questions about my medications:

4. For my health, I am keeping track of:

my diet my medication my blood sugar other: _____

It's going well.

I need more support.

4. For my health, I am working on: _____

It's going well.

I need more support.

5. I also want to talk about:

At the Doctor

1. Medication recommendations:

2. Healthy habits to work on:

3. At the next visit I will report back about:

4. People I will call or go see (referrals):
