

Office Visit Checklist

Having a checklist with you when you visit your doctor will help ensure a comprehensive appointment.



A doctor's appointment is a very important time and opportunity for you to discuss your health concerns with your physician, after which an appropriate course of action will be recommended.

Before you head to your next doctor's appointment, take this handy checklist with you to make sure you make the most of your visit.

DOCTOR'S APPOINTMENT DATE AND TIME

Last appointment

Reason for the visit

Current symptoms

- 1.
- 2.
- 3.

List of current medications

- 1.
- 2.
- 3.

Medications I need refilled

- 1.
- 2.
- 3.

Alternative or herbal supplements

Status of relationships

Work status

Mood

Diet and nutrition

Lifestyle behaviors (ie. smoking or alcohol consumption)

Changes in my health

Questions to ask

- 1.
- 2.
- 3.
- 4.
- 5.

Vaccination history

Family health history

List of allergies

- 1.
- 2.
- 3.

Payment method

If you're looking for a way to reduce medical costs while still getting high quality care, consider becoming a member of a health sharing program.

A health sharing program may be just the thing to keep your healthcare costs down while also providing you with a chance to help other like-minded people of faith keep costs down as well.

[Click here to see how much you can save with a health share program.](#)