

Scheduling enough time with your healthcare provider is sometime difficult. If you have several intricate questions about your health tell the patient representative when you make your appointment that you have issues to discuss with your physician and will need extra time. You are not required to tell the person on the other end of the phone what these issues are. However, if you are speaking with a physician’s assistant or nurse you might want to let them know what your issues are so the doctor can be prepared with the information needed to answer you in full.

Here is a list of things you will need to know for your appointment:

Primary care provider’s name	
Insurance information: Medicare? Supplement carrier? Be sure to bring in your current insurance cards .	
Current medications: list them with dosages and amount	
Are you taking them as prescribed? Yes or no	
If not, why not?	
If not, how are you taking your meds?	
Chief problem that brought you in today?	
This problem affects your daily life this way:	
Questions:	
I’ve been feeling differently lately. Circle those that apply.	More anxious More disorganized More forgetful Difficulty expressing yourself
Safety. Circle those that apply.	I feel physically threatened I feel emotionally threatened I am having difficulty with my family I am having difficult with my spouse
Other discussions I’d like to have with my doctor	

Bring this form with you when you go to your appointment.