

Your first appointment

Ready to meet your provider?

Name: _____

Prepare for your visit

Make sure you have the following ready:

- Your insurance card and photo ID
- Any forms you were asked to fill out
- A list of all of your current medications. This also includes vitamins and supplements. Or you can bring your medicine bottles with you
- Any medical records that you may have
- A list of questions for your provider
- The names of any specialists you see

Learn what your visit will be like

During your visit, your provider will:

- Talk about your health and answer any questions you have
- Check your blood pressure, weight and other vital signs
- Talk about screenings or tests you may need
- Check your medicines
- Create a care plan to help you reach your goals

Set health goals

Staying healthy starts with setting good goals. Using the list below, circle the things you would like to work on.



Exercise



Eating healthy



Weight loss



Coping with stress



Changing unhealthy habits



Taking medicine as prescribed

