## Your first appointment

## Ready to meet your provider?

Name:			
Pre	epare for your visit		
Ма	ke sure you have the following ready:		
	Your insurance card and photo ID		Any medical records that you may have
	Any forms you were asked to fill out		A list of questions for your provider
	A list of all of your current medications. This also includes vitamins and supplements. Or you can bring your medicine bottles with you		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



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