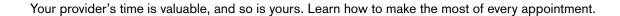
Appointment Prep Worksheet



Chief Concern
What do you want to discuss today?
What are your symptoms?
History of Present Illnesses
How long have you had these symptoms?
What do they feel like? How intense are they? Are they constant, or do they come and go?
What makes the symptoms better or worse?
Medical History
What medical conditions do you have, including allergies?

Current Medications

Easily track and update the prescriptions, over-the-counter meds, vitamins, and supplements you're taking with a meds list. You can download one <u>here</u>.

(Tip: Bring a copy to your next appointment.)



Social History	
What facts about your life do you want to share with your doctor? Some areas you may want to focus on include smoking history, alcohol or drug use, who you live with, what	
you do for work, if you've traveled, and if you have concerns about your safety.	
Family History	
Be prepared to answer questions about the health history, ages, and sexes of your first-degree relatives (i.e., biological parents and siblings). What are the chronic medical conditions in your family? Who was affected by them and at what age? (Tip: Keep this list handy. Update and reprint it before your appointments.)	
Review of Symptoms	
Your doctor might move through questions about your symptoms very quickly.	
Be prepared to share updates about new or changing symptoms when they ask.	
Your Questions	
Questions for the Doctor	
Doctor's Answers or Notes	
Next Steps	

