

Appointment Prep Worksheet

Your provider's time is valuable, and so is yours. Learn how to make the most of every appointment.

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 [here](#).

(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



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