

Wellness WEDNESDAY

Preparing for your next appointment with your doctor



Going to the doctor is an important part of staying healthy. No matter if you are going in for a checkup or when you are feeling under the weather, you must prepare to ensure you receive the information you need along with any questions you may have.

Before your visit try out these tips to help guide you:

1. Make a list of all medications, supplements you take on a daily, weekly basis.
This includes over the counter medications.
2. Make a list of questions or concerns you may have. If you have some health concerns, you may want to think about asking a family member or friend to help you think of anything that should be asked.

Examples of questions:

- Am I up to date on all screenings and vaccines?
 - Are there any side effects to any medications I am prescribed?
 - Should I make any changes to benefit my health?
 - When should I schedule my next visit?
3. Don't leave your appointment unsure about any condition or what you may have been instructed to do next.

