

My medications

It's important to talk to your PCP about your medications, even if they were prescribed by a different provider. Before your next appointment, write down your prescription drugs, over-the-counter medications, supplements and vitamins.



Be sure to ask if there are lower-cost options available

You should also let your PCP know if you've had trouble getting your medications.

Concerns with my medications



Medication list

Review this list with your PCP at your visit

Prescription:
Dosage:

Prescription:
Dosage:

Prescription:
Dosage:

Prescription:
Dosage:

Prescription:
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Prescription:
Dosage:

Prescription:
Dosage:

My visits

During your PCP visit, you can write down important information from your visit, such as your vital signs, new prescriptions ordered, test results and other notes.

Tips to prepare for your visit

If you're seeing your provider in-person, try these tips.



Come prepared

Fill out paperwork in advance



Arrive early

If you can't fill out paperwork before your appointment, arrive early so you can complete it



Before you leave

Make sure you have any necessary refills, referrals, and to schedule your next appointment.

Date: ____ / ____ / ____ Provider: _____

Reason for visit: _____

Weight/BMI: _____ Blood pressure: ____ / ____



Prescriptions ordered

- 1) _____
- 2) _____



Tests and labs

Test name: _____ Date: _____



Other important topics discussed:

- Urinary incontinence
- Fall prevention
- Physical activity
- Mental Health

Notes: _____
