

10 Questions to ask during your wellness visit

Make the most of your appointment by taking a proactive role in your health. If you have other questions or concerns, add them below.

1. *What screenings are recommended for me?* _____

2. *Are my vaccinations up to date?* _____

3. *What lifestyle changes can I make to improve my health?* _____

4. *How does my family history affect my health risks?* _____

5. *Can we review my medications? Are there less expensive options?* _____

6. *How are my vitals and lab results? Have they changed since my last appointment?* _____

7. *How concerned should I be about (new issue) ?* _____

8. *How concerned should I be about stress, anxiety or depression?* _____

9. *When should I come see you again?* _____

10. *What should I work on before my next appointment?* _____

Additional questions: _____

