



# 10 ways to prepare for a new doctor

Get the most out of your first visit with a new doctor by following the tips below. Showing up prepared helps you and your doctor ask the right questions and leads to a more productive appointment.

## Before your appointment:

**1. Get a copy of your medical records.** Call your new doctor's office and ask how they would like to obtain your medical records. If they ask you for them, simply call your previous doctor's office.

**2. Prepare a list of the medications you take.** Make sure to include all prescription medications, over-the-counter (OTC) medications, vitamins and supplements. Don't forget to include allergies.

**3. Gather results from recent tests and screenings.** If you do not have your medical records, be prepared to share the date and results of your last mammogram, Pap smear, blood work, cholesterol levels and other regular tests you have undergone.

**4. Gather your family's health history.** Ask your family members about chronic illnesses, diseases and other health conditions.

**5. Know your immunization history.** Know the dates (or approximate dates) when you received immunizations for influenza, tetanus, diphtheria and pertussis as an adult.

**6. Prepare and bring a copy of your health concerns.** Before your appointment, take a few minutes to write down any health concerns, symptoms and questions you have.

**7. Ask a loved one to attend your appointment.** If you need someone to give you a ride, help you remember what your doctor says or calm your nerves, ask a friend or family member to join you.

## During your appointment:

**8. Learn about after-hours care.** Ask questions so you know what to do when you need care for a non-life-threatening condition and the office is closed. You can also ask if they have the ability to communicate online with you if you can't make it into the office (typically on an electronic health records system).

**9. Request a Wellness Evaluation.** Ask your doctor if you need a physical to assess your current health condition.

**10. Schedule your next visit.** Be proactive! Ask your doctor when you should see them next.

**Not sure where to start? Use the form on the next page to gather all your health information. Print it, fill it out and then bring it with you to your appointment.**

### Preparing For Your New Doctor

Use the form below to gather important information that your doctor and their office staff will likely request at your first appointment. Make sure to bring it with you so you can share the information and take notes.

#### Previous doctor's information:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ # of months / years since last doctor's visit

#### Health information:

Known health conditions or previous diagnoses: \_\_\_\_\_

\_\_\_\_\_

Recent immunizations, tests and/or screenings (include dates): \_\_\_\_\_

\_\_\_\_\_

Medications, vitamins, supplements and / or herbal supplements: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Health concerns I'd like to discuss: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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Notes: \_\_\_\_\_

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