

Are You Ready for Your Health Care Visit?

You have a limited amount of time to see the doctor or any of your health care providers – make every minute count! I have made up a **HEALTH CARE VISIT** form that you can copy and take with you to your health care visit and be an active part of your health care team.



HEALTH CARE VISIT

Date & Time of Visit _____

Reason for Visit _____

Weight _____

Blood Pressure _____

Tests Ordered _____

Date Results Ready _____

Diagnosis _____

Doctor/Health Care Instructions _____

Medications (RX) _____

Any Side Effects _____

Supplements _____

Specialist Referral _____

Follow-Up Date & Time _____

Notes/Questions _____

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