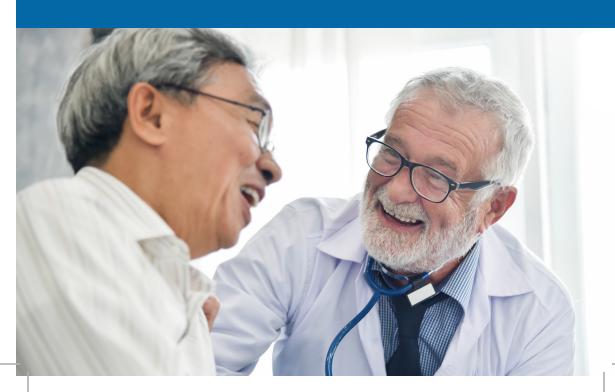


Be prepared for your next doctor visit

Doctor Visit Book



Questions or concerns you have for your doctor: 1.				
2.				
3.				
Any health or life changes since your last visit?				
Discuss these important topics:				

- Falls—Have you fallen since your last visit?
- 2. Bladder—Have you had any issues with bladder control?

- **3. Physical Activity—**What's the right amount for you?
- 4. Mental Health—How are you feeling emotionally since your last visit?

Review your medications with your doctor

Ask your doctor to review any prescriptions, over-the-counter medicines, vitamins, and supplements you currently take. Bring your medications to your appointment or list them below—include how much and how often you take each.

Mv	medications,	vitamins.	and s	lagus	ements:
		v ,	and a	app.	0111011001

1.

2.	Time!
3.	
4.	
5.	
6.	
Any notes or comments about your medications:	

Notes from your visit

Review your notes at a later date, or share with a loved one or caregiver.	or caregiver.		
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Print another copy or share with a friend!

carepartnersct.com/doctor-visit-book