

10 questions to ask your doctor



Ask these questions to make the most of your next doctor visit

1 Are my health numbers (blood pressure, cholesterol, BMI) normal?

2 I'm concerned about a health issue I'm having. What should I do?

3 What can I do to maintain my health or manage my condition?

4 Given my medical status, are there symptoms that may indicate a health emergency?

5 Do I have a higher risk for certain conditions due to my personal and family health history?

6 What health screenings should I have at my age?

7 Should I get a flu shot or any other vaccinations?

8 What do I need to know about the medications I'm taking?

9 Where can I get more information (printed materials, trusted online resources, support groups or classes/events)?

10 When should I come back for my next visit?

Helpful tips



Bring all your medicines with you.



Write down your health history (current conditions and past surgeries or illnesses) and questions for the doctor.



Bring someone with you to the visit to help you understand and remember.