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.

Source: Agency for Healthcare Research and Quality.