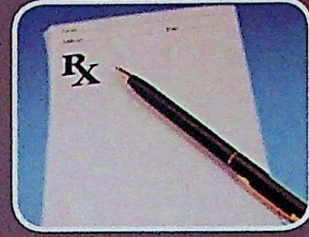
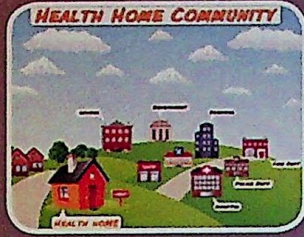


Rx for My Physician



A Tool To Help Manage Your Doctor Visits

Washington Health Foundation
HEALTHIEST STATE IN
THE NATION CAMPAIGN
www.HealthiestState.org



HEALTH 3.0

A visit to the doctor can be an intimidating experience. Often - you're not feeling well, you're trying to remember your symptoms and your medications, you're emotional or anxious about your current condition and you may feel rushed and out of sorts. The Healthiest State in the Nation Campaign wants to help.

Use the tool below to take control of your doctor visit. Jot down a few questions, your symptoms, current medications or specific areas of your health that you want to discuss with your health care provider. Cut this out and bring it with you to your appointment. During the visit, use this as a guide to communicate with your provider (you can even hand this to him or her if you wish). Use the back side of this tool during the visit to record important notes, specific orders, next steps or appointments and your provider's contact information in case you have a question or concern after your appointment.



For My Physician

My Objectives For This Visit Include:

1. _____
2. _____
3. _____

I Want to Address...

- My Physical Activity
- My Diet
- My Medications
- My Unhealthy Habits
- My Mental Health
- My Health Conditions

My Questions/Symptoms/Concerns Include:

1. _____

2. _____

3. _____



For My Physician

My Medications Include:

Notes/Questions:

Next Steps Include:

Who is responsible for these?

How do I contact you if I have additional questions after this appointment?
