

Reminder

Asking your doctor questions is normal! Don't be afraid to bring some of your own questions to the appointment, or if you need some ideas on questions to ask, take this with you.

Done

Okay

- What screenings/vaccines are recommended for me?
- What lifestyle changes can I make to improve my health?
- What should I expect as I age?
- Is there an alternative to taking medication for my condition?
- Are there less expensive options for the medications that I take?
- What can I do to strengthen my mental health?

Your Own Questions