

Primary care doctor: _____

Specialists: _____

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Or, you can ask for an interpreter. To ask for help, please call 1-855-780-5954, TTY 711.

ATENCIÓN: Si habla español (Spanish), hay servicios de asistencia de idiomas, sin cargo, a su disposición. Llame al 1-855-780-5954, TTY 711.

請注意：如果您說中文 (Chinese)，我們免費為您提供語言協助服務。請致電：1-855-780-5954, TTY 711。

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Preparing for your first appointment





You'll soon have your first appointment with your doctor. This visit helps them keep track of your health. And it helps you take the right steps toward being your healthiest you.

During your appointment, you'll meet with your doctor to:

- Have common measurements taken
- Talk about your health history
- Go over suggested preventive screenings
- Get a personal health plan based on your needs

We've included a checklist to help. Please fill this out before your appointment. You and your doctor will go over this list together. Also, please bring all medicines with you to your appointment.

Appointment checklist

Preventive screenings

- | | |
|---|-------------|
| <input type="checkbox"/> Mammogram
(X-ray of the breast) | Date: _____ |
| <input type="checkbox"/> Prostate exam | Date: _____ |
| <input type="checkbox"/> Bone density | Date: _____ |
| <input type="checkbox"/> Cervical cancer | Date: _____ |
| <input type="checkbox"/> Large intestine cancer | Date: _____ |
| <input type="checkbox"/> Diabetes | Date: _____ |
| <input type="checkbox"/> Annual wellness screening | Date: _____ |

Vaccinations

- | | |
|---|-------------|
| <input type="checkbox"/> Flu shot | Date: _____ |
| <input type="checkbox"/> COVID-19 | Date: _____ |
| <input type="checkbox"/> Pneumonia (lung infection) | Date: _____ |
| <input type="checkbox"/> Tetanus/pertussis | Date: _____ |
| <input type="checkbox"/> Shingles | Date: _____ |

Health problems: _____

Current medicines (including supplements):
