

# Your first appointment



Ready to meet your doctor?

Name: \_\_\_\_\_

## Prepare for your visit

Make sure you have the following ready:

- Your insurance card and photo ID
- Any forms you were asked to fill out
- A list of all of your current medicines. This also includes vitamins and supplements. Or you can bring your medicine bottles with you
- Any medical records that you may have
- A list of questions for your doctor
- The names of any specialists you see

## Learn what your visit will be like

During your visit, your doctor will:

- Talk about your health and answer any questions you have
- Check your blood pressure, weight and other vital signs
- Talk about screenings or tests you may need
- Check your medicines
- Create a care plan to help you reach your goals

## Set health goals

Staying healthy starts with the right plan. Using the list below, circle the things you would like to work on.



Exercise



How to eat healthy



Weight loss



Coping with stress



Changing unhealthy habits



Taking medicine correctly

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We provide free services to help you communicate with us. This includes letters in other languages or large print. Or, you can ask for an interpreter. To ask for help, please call 1-866-763-0044, TTY 711.

ATENCIÓN: Si habla español (Spanish), hay servicios de asistencia de idiomas, sin cargo, a su disposición. Llame al 1-866-763-0044, 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：1-866-763-0044, TTY 711。

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