

A conversation-with-your-doctor checklist

Doctor visits can go by very quickly. Afterwards, you may realize there were things you didn't get to discuss. Hang this checklist on your fridge or other place so you'll see it often. Write down things to ask as you think of them and bring it with you to your next doctor's appointment. Here are **five things you should talk to your doctor about** at your next visit:

1 Physical activity

Exercise is one of the most important things you can do for your health. Your doctor wants to know what activities you do and may have some suggestions - ask away for ideas!

Reminder: You have access to more than 14,000 fitness facilities nationwide at no cost, with the SilverSneakers® fitness benefit included with most ConnectiCare Medicare Advantage plans.

2 Preventing falls

One small slip can mean a big change to your lifestyle. Look around where you live. Circle yes or no for each question and share your answers with your doctor.

Does your home have:	(Circle one)	
▪ Stairs?	Yes	No
▪ Good lighting?	Yes	No
▪ Carpeting or throw rugs?	Yes	No
▪ Safety devices in the bathtub/shower?	Yes	No
▪ A clear path to the bathroom?	Yes	No
Have you fallen since you last saw your doctor?	Yes	No

3 Bladder control

Most bladder control problems can be easily treated. Don't let this problem stop you from doing the things you enjoy. If you leak urine, there's absolutely nothing to be embarrassed about. Your doctor wants to know, and needs to know, in order to help.

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4 Medication

Fill out this list with the prescription and over-the-counter medications you take. Go over it with your doctor and tell him/her about any side effects you experience. If a medicine is bothering you or doesn't seem to be working, there may be an alternative - ask away!

Medicine name	How much and how often I take it



5 Preventive screenings

Ask if you are due for any screenings such as a colonoscopy, mammogram or bone mineral density test.

A conversation now is better than a complication later. If you have more things you'd like to discuss with your doctor, add them here as you think of them:



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