

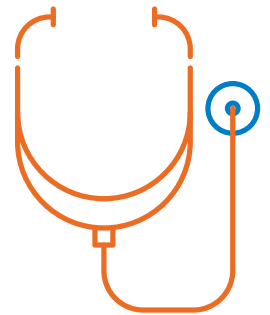
# Going to a new primary care provider?



## Prepare for your visit with the following questions and checklist.

You can help your primary care provider (PCP) be an advocate for your health by being prepared with your medical history. Below are some questions that you can write down and bring with you to your first doctor's visit.

If you don't feel ready to share everything with your doctor at your first meeting, that is normal. You will want to eventually share, as your medical history will help your provider give you the best care possible. That is why finding a doctor you can trust and feel comfortable with is so important.



## Here are some common questions the doctor might ask you:

**1 What is your basic health history?**

Note any illnesses, chronic conditions, allergies to food or medication or past surgeries.

**2 Are there new symptoms or changes in your health?**

**3 Are you seeing or have you recently seen any other specialists?**

Some examples include Allergists, Dermatologists, Ophthalmologists and Cardiologists.

**4 Does your family have a history of any medical conditions that should be noted?**

Some examples are diabetes, high blood pressure and high cholesterol.

**5 What medications do you take?**

These could be prescribed or over the counter. Be sure to mention any vitamins, supplements or birth control.

**6 How would you describe your current lifestyle?**

Think about your hobbies, fitness activities and food habits. What do you like to do during the week and on the weekends? What do you like eating? Do you smoke, consume alcohol or use drugs?

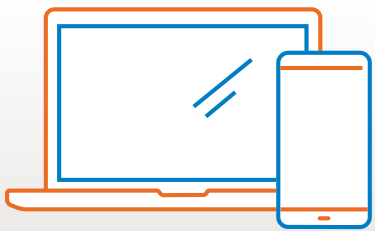
**7 Is there anything in your life causing you stress or mood changes?**

## Here are some common questions you may want to ask the doctor:

- 1 What is your approach to care?
- 2 How often should I come in for a check-up?
- 3 Which health screenings are recommended for me currently?
- 4 Am I up to date on all of my vaccinations?
- 5 How should I contact you if I have a question?  
Directly call, message through the patient portal or by calling the office.
- 6 How long can I expect to wait for a response?
- 7 What should I do if I have an urgent health concern after hours? Is there someone on-call after hours?
- 8 Do you offer appointments by phone or video during or outside of normal office hours?
- 9 What is the appointment cancellation policy?
- 10 Do you have any experience with \_\_\_\_\_?

## Here is a checklist of items for you to prepare for your first visit:

- Bring your insurance card and a form of photo ID.
- Ask your previous provider for your medical records to be electronically transferred or faxed over to your new provider. You don't have to wait until the first visit to do this.
- Create a list of questions that you will bring with you. Have one to two priority questions that you want answered so you know your visit was worthwhile.
- Remembering all your medications and dosages can be tricky, so a good rule of thumb is to just bring them all in or take pictures of them to show your doctor.
- Feel free to bring a friend or family member. It can be a good idea to have another set of eyes and ears in the room.



**Need help finding a provider?**  
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