



GUIDE TO YOUR ANNUAL CHECK-UP



We've prepared this handy prep sheet to help you pull together all of the important information you'll need to get the most out of your annual doctor's visit. Fill out this sheet and bring it with you to your appointment. Be sure to talk to your physician about any new symptoms or concerns you might have as this could be your warning sign that you need to see a specialist.

1

List some of the questions or concerns you have for your doctor here. Do you have new symptoms? Have you had a health scare this year? Are you worried about your heart? Are your bones or joints aching more than usual? Have you experienced trouble going up stairs or getting dressed for the day?

2

List the doctors you have visited in the past 12 months (and date of last visit if available)

3

List all of the immunizations and screenings you have received in the past 12 months

4

Briefly **describe your family health history**

5

Are there any specialists you may be interested in seeing? You can talk to your doctor about ways to know when or if it's time to see a specialist about a health concern you have.

Have you had your annual health check-up yet? If not, it may be time to schedule one with your primary care physician. If you do not have a primary care physician, you may want to consider getting one. Search our Find a Doctor database online at www.beebehealthcare.org/find-a-doc or call the Physician Referral Line at (302) 645-3332.