

# Annual Doctor Visit Checklist

8 QUESTIONS YOU SHOULD ASK YOUR PRIMARY CARE PHYSICIAN EVERY YEAR.

1. What screening Tests should I Do?

2. Are my current daily supplements / medications still serving me? Should we consider changing anything?  
THIS INCLUDES ANYTHING YOU TAKE ON A REGULAR BASIS: ADAPTOGENS, OILS, ETC.

3. What Do Changes in my Health Mean?  
CHANGES CAN INCLUDE PHYSICAL SIGNS SUCH AS GROWTHS ON THE SKIN, SHIFTING BOWEL HABITS, AND UNEXPECTED WEIGHT GAIN OR LOSS. BUT THEY CAN BE MENTAL AND EMOTIONAL AS WELL, SUCH AS TROUBLE SLEEPING OR A NAGGING SADNESS. BRING UP ANY AND ALL CHANGES.

4. Does my family history bring up concerns? / Should we test for these things?

5. Can you help me reach my health goals?  
EXPLAIN YOUR GOALS CLEARLY OR CREATE THESE WITH YOUR PCP AND ASK HIM TO REFER YOU TO SOMEONE THAT CAN HELP YOU GET THERE IF HE/SHE CAN'T PROVIDE CLEAR DIRECTION.

6. How can I learn more about my health concerns / what's the latest news on my condition?

7. Can I Get a Copy of my Records?  
IN CASE YOU WANT TO TAKE THE RESULTS AND PURSUE MORE SPECIALTY DOCTORS

8. Prepare a list of questions or health concerns specific to the way that you've been feeling to address with your doctor.  
DO NOT BE SHY - ask anything.