


# Appointment checklist

 My goals for this visit:

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**Take time to complete your patient profile.**

Answering questions ahead of time in your digital patient profile ensures the information you share is complete and accurate.

**Bring a list of questions and concerns.**

You don't want to forget to ask the questions that matter most to you. Write them down so you're prepared.

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**Provide feedback when prompted.**

Your care team won't know what worked and what didn't unless you share your feedback. When you get a post-visit survey, share honest input.

**Keep your doctor up to date on your health.**

Regularly update your patient profile with new health and wellness information, even when you're in between regular visits.

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**Consider bringing a friend or family member.**

If you're nervous or overwhelmed, bring a family member or friend for comfort and support.

**Bring your health or fitness tracker.**

Sometimes your fitness watch or wearable device might know more about your health than you do. It's a great way to share your daily habits with your provider.

Notes:

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