

# How to Prepare for Your Appointment.

## QUESTIONS TO ASK YOURSELF BEFORE SCHEDULING YOUR VISIT

Looking over – and answering – the following questions will help you plan for your upcoming visit at Carle. If you feel like writing down your answers (although this isn't required), you can use the space provided for notes.

1. What symptoms or concerns do I want to share with my doctor and care team?
2. Do I have access to my electronic records via MyCarle?
3. What are the two most important items I would like to cover at this visit?
4. Do I have medical records my new provider will need to see?

## QUESTIONS TO ASK YOUR PROVIDER AND CARE TEAM

During your appointment, ask your care team:

1. What do I need to know about my health condition or diagnosis?
2. Are there any changes to my medication list?
3. Do I need any new health supplies? Where can I get them, and will I get training?
4. At my next appointment I would like to discuss...
5. Who does my care team consist of?

## MY MOST RECENT MEDICAL CARE

It is important that your provider is aware of all the most recent medical care you have received.

1. List your most recent provider.
2. What chronic illnesses or conditions do you experience?
3. Have you had any major surgeries?
4. Do you have a history of nodules on imaging or scans?
5. Do you have a family history (biological parent, siblings) of any chronic or severe illnesses?
6. Social history (examples include tobacco or drug use, vaping, marital status and current employment, etc.)

Notes

## MEDICATION LIST

### My Medication Allergies

_____	_____
_____	_____
_____	_____

### My Medications

On the day of your appointment, bring a complete list of all the medications you're currently taking (past six months).

If you have questions about any of your medications, please ask your care team during your visit.

Medication Name	Dosage (How much do I take?)	When do I take this?
Reason for Medication Use		

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## NEXT STEPS

### MyCarle

Use MyCarle to help manage your healthcare whenever and wherever you want. This is a secure way to access your records online or through your smartphone. You can also schedule appointments, pay bills and more.

To get started, go to [carle.org/MyCarle](http://carle.org/MyCarle) or ask a registration team member today.

### My Future Appointments

Date	Time	Location	Doctor/Provider
Reason for Appointment			
Use Instructions			

Date	Time	Location	Doctor/Provider
Reason for Appointment			
Use Instructions			

Date	Time	Location	Doctor/Provider
Reason for Appointment			
Use Instructions			

Date	Time	Location	Doctor/Provider
Reason for Appointment			
Use Instructions			

## SUPPORT PERSON

If you're bringing a support person with you during your visit to Carle, share these questions with them to help them understand the process.

1. What can I do to help my loved one?
2. What should I be looking for?
3. Who do I contact if my loved one is having problems?
4. What questions should I be asking about their care?

## Notes

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