

Doctor's Visit Checklist

Have you ever left the doctor's office a little confused? What did she say about the doohickey that's wrong with me? Oh, and what was that test thingamajig for again? We've all been there.

It's especially hard to remember what to ask. So we've enlisted the help of Drs. Mehmet C. Oz and Michael F. Roizen, the authors of the best-selling book *YOU: The Smart Patient*.



Materials that you need for a doctor's visit:

- ✔ Insurance card/information
- ✔ Medication list
- ✔ Health profile/history
- ✔ Questions on any new symptoms, treatments or conditions

Review this checklist before any doctor's appointment

1. How's my health overall?

2. Are you concerned about any aspect of my health? Which one(s) and why?

3. Are there any tests I should have based on my age or for other reasons?

4. Do you have any recommendations about lifestyle modifications I should make, such as exercising, smoking cessation or changing my diet?

Notes:

Get more checklists at BeASmartPatient.com/beprepared

Text reprinted with the permission of Simon & Schuster Inc. from *YOU: The Smart Patient* by Mehmet C. Oz, M.D., and Michael F. Roizen, M.D. Copyright © 2006 by Michael F. Roizen, M.D., Oz Works LLC, f/s/o Mehmet C. Oz, M.D., and Joint Commission Resources. All rights reserved.

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates.

Be A Smart Patient content and materials are for information purposes only, are not intended to be used for diagnosing problems and/or recommending treatment options, and are not a substitute for your doctor's care. Lists of potential treatment options and/or symptoms may not be all inclusive. Treatment options mentioned may not be covered by your benefit plan. Check your plan for specific coverage details.

M49778-A 8/13 © 2013 United HealthCare Services, Inc.

