

YEARLY PHYSICAL CHECKLIST

WHAT TO BRING TO YOUR YEARLY PHYSICAL



Any questions you would like answered. See the next page for some ideas!



Any information that you would like updated on your file.

- a. Change of address
 - b. Change of emergency contact
 - c. Change of insurance
-



A list of any symptoms you've been experiencing. Be specific about the location of the symptom, when it began, and what relieves the symptom.



Any measurements that your physician asked you to track at home. Download our **Vital Signs Log** to keep your numbers in one place.



A list of allergies.



Your family health history along with your personal health history. Make note of past diagnoses, surgeries and treatments. Use our **Family Health History Tracker** to keep a record of your family health history.



Names of all medications or supplements that you take.



A list of additional doctors or specialists that you see.

You are never too young and it's never too late to start living heart healthy.

YEARLY PHYSICAL CHECKLIST



QUESTIONS TO ASK YOUR DOCTOR

1

Are there any tests that need to be done? What should I expect from the test and what will the results tell us? How long until we receive the results?

2

Am I at risk for any health issues? Does my family history put me at risk?

3

Are there any vaccinations that I need? Are there any possible side effects?

4

Did everything that you examined today seem normal? Can you explain what you observed?

5

Do any change need to be made to my prescribed medications?

6

Are there any lifestyle changes I should make to improve my overall health?

7

When should I schedule my next appointment?

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