

My Action Plan Checkups

Action Items	I will do this...	I might do this...	I will think about doing this...
Talk to my doctor to find out how often I should have a check up.			
Find out what tests I need to have, and when and where I should have them.			
Find out how to prepare for the tests.			
Find out if the tests are covered by my insurance and how much I can expect to pay.			
Take all of my medicines in a bag so my doctor can review them.			
Take a friend or family member with me to my appointment.			
Ask my doctor questions about my health and my test results.			

Questions to Ask Myself

Before filling out this action plan, remember to take time to think about and set realistic goals. Start by asking yourself these questions:



Questions to Ask My Doctor

What tests should I have each year?	
How do I prepare for my tests?	
What should I do if I'm having trouble in between check-ups?	
Are there certain problems that I should let you know about?	
When is it okay for me to use home remedies instead of coming in for an office visit?	

My Action Plan

Screenings and Doctors Appointments

Doctor's Name:	
Phone Number:	
What I see this doctor for (type of doctor):	
Appointment Date:	
Reason for appointment (tests to be done):	

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