



**TUFTS**  
Health Plan

a Point32Health company

**Be prepared for your  
next doctor visit**

# Doctor Visit Book



## Questions or concerns you have for your doctor:

1.

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2.

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3.

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## Any health or life changes since your last visit?

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## Discuss these important topics:

1. **Falls**—Have you fallen since your last visit?

2. **Bladder**—Have you had any issues with bladder control?

3. **Physical Activity**—What's the right amount for you?

4. **Mental Health**—How are you feeling emotionally since your last visit?

## Review your medications with your doctor

Ask your doctor to review any prescriptions, over-the-counter medicines, vitamins, and supplements you currently take. Bring your medications to your appointment or list them below—include how much and how often you take each.

### My medications, vitamins, and supplements:

1.

2.

3.

4.

5.

6.



### Any notes or comments about your medications:

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