

Make the most of your appointment



Ask when you can expect results or follow-up from any blood tests, X-rays or other tests ordered today



Tell your doctor if you've fallen or have problems with walking or balance



Tell your doctor about the specialists and other doctors you've seen within the last year



Talk about bladder control or issues with leaking of urine



Discuss prescriptions, over-the-counter medications, supplements or vitamins you're taking and ask about generic or lower-cost options



Ask if you should start, increase or maintain your current exercise level



Ask about getting a flu shot and why it's important



Tell your doctor if you're having difficulty sleeping or feeling sad or blue



Discuss where and how to get urgent care when needed