

Preparing for your doctor's appointment



ACES
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Association for Community Empowerment Solutions



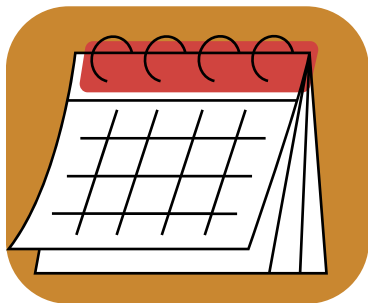
What to write down:

- List all your questions and concerns for the provider.
- Describe your symptoms: what are you feeling, where and when did it start and how frequently does it happen?
- Note any changes in your routine including sleep, diet, activity and exercise.



What to bring:

- **Medications:** Bring a list of all the medications you are taking (including how much and how frequently you take them)
- **Insurance:** Bring your card and any forms you may need.
- **Health records and daily monitoring logs:** Symptom diary, blood pressure logs, blood sugar logs and a summary of previous health visits.



On the day of the appointment:

- Arrive early to fill out some forms and confirm insurance eligibility.
- Make sure you have everything listed above with you.
- Stay calm and be prepared to ask questions!

Share your healthcare story at:
<https://www.acesworld.org/health-equity-tool>

