

## Dr. Visit Checklist

- Do I have my health journal?
- What information do I need from the doctor to complete it?
- Are all of my current meds, supplements, and over-the-counter meds listed with their dosages/frequency?
- If applicable, have all test results, reports, and xrays been forwarded to the doctor?
- Do I have all my insurance information?
- Is there anything I have to do to prepare for this visit?
- Who do I want to go with me?
- Do I want to record the session?
- Have I written down the questions I have for the doctor?



*When you don't know where to turn, turn to us – [www.trantolo.net](http://www.trantolo.net)*

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