

The Aging Survival Guide

Chapter 2 Companion Worksheet

Surviving the Doctor's Office

Before Your Appointment Checklist

- Update your medication list (include vitamins and supplements).
- Write down your top three questions.
- Bring your insurance card and photo ID.
- Bring your reading glasses.
- Bring a notebook or use your phone for notes.
- Bring a trusted friend or family member for important appointments if needed.

Five Questions to Ask

- What do you think is causing this?
- Why do you recommend this treatment, test, or medication?
- What are my options or alternatives?
- What side effects or warning signs should I watch for?
- When should I contact you or schedule a follow-up?

My Top Three Questions

1. _____
2. _____
3. _____

Medication List

Medication _____ Dose _____

Medication _____ Dose _____

Medication _____ Dose _____

Marcy's Challenge

Spend ten minutes before your next appointment preparing. Write your top three questions and don't leave until all three have been answered.

Survival Guide Reminder

Your doctor is the expert in medicine. You are the expert on your own body. Both voices belong in the conversation.