IMPORTANT QUESTIONS TO ASK YOUR

PRIMARY CARE PROVIDER

MERIDIAN HEALTHCARE

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MeridianHealthCare.net

THE CHECKLIST

Questions For Your First Visit With A New PCP

- ☐ Can I ask questions and see test results in an online portal?
- ☐ How can I contact you during an emergency situation?
- ☐ Does this practice provide care in emergency situations or after hours?
- ☐ Are all the medications I'm currently taking still relevant?
- ☐ Should I see a specialist?

Questions About General Health

- ☐ Which health screenings are recommended for me currently?
- ☐ Am I up to date on all of my vaccinations?
- ☐ Is my weight within a healthy range?
- ☐ Should I be taking any vitamins or supplements?
- ☐ Does my family history affect my risk for certain conditions?
- ☐ Can you help me to set some health goals?
- ☐ What lifestyle changes can I make to improve my health?
- ☐ What's next for me in terms of preventive care measures?
- ☐ What internet sources can I trust for medical and health information?

Questions About Medications

- ☐ Why are you prescribing this medication?
- ☐ What are the side effects of this medicine?
- ☐ Is there any way to reduce the medications I'm on?
- ☐ Are there alternative treatment options?
- ☐ Are there less expensive options?

Questions About Mental Health

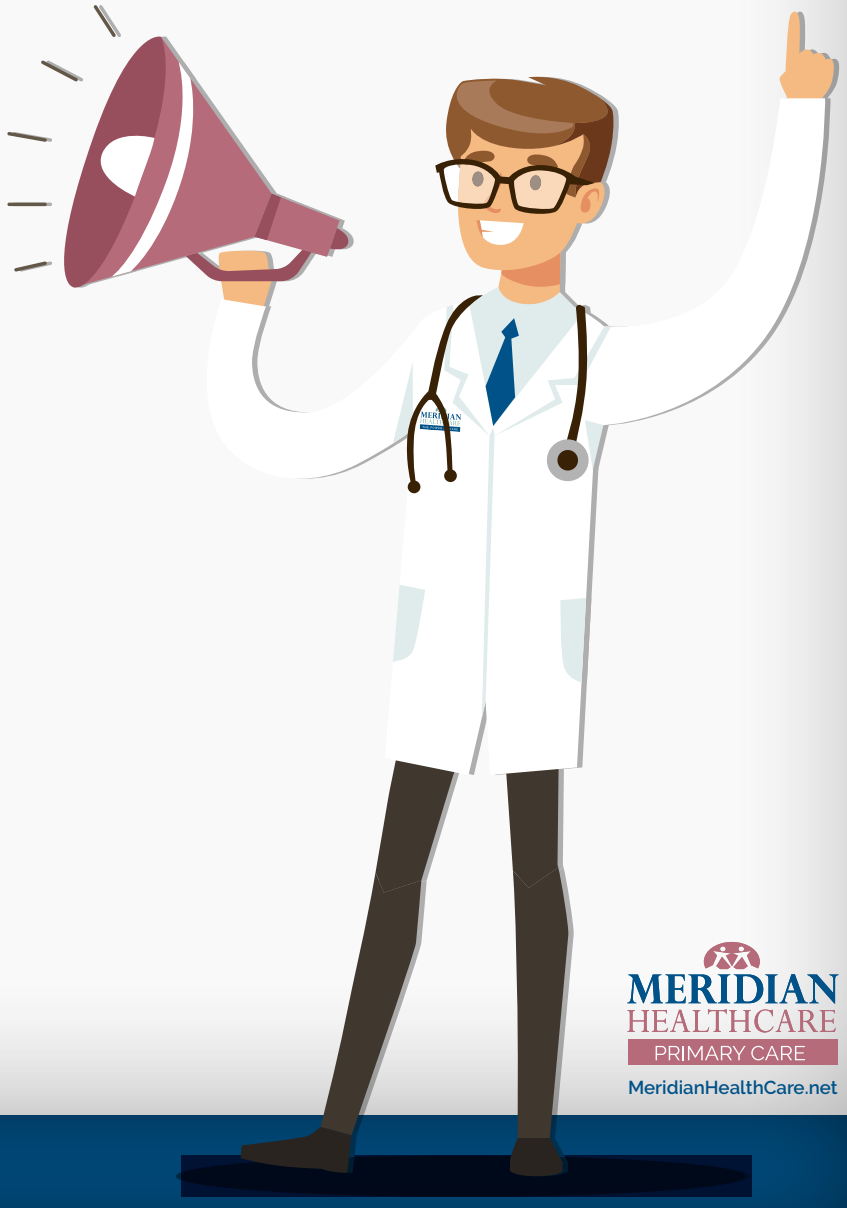
- ☐ Can feeling overwhelmed affect my overall well-being?
- ☐ What are some ways I can cope?
- ☐ Are my feelings of anxiety/depression/sadness considered normal?

Questions About Tests and Test Results

- ☐ What is the purpose of this test?
- ☐ When will I receive my test results?
- ☐ Do I need to fast before this test?
- ☐ How should I prepare for this test?
- ☐ Are there any side effects I should be aware of?
- ☐ Will the test be administered in your office or at another location?

Questions About New Diagnosis

- ☐ How serious is this condition?
- ☐ What are the short-term and/or long-term plans for treating this condition?
- ☐ Which treatment would you recommend to a family member?
- ☐ Are there medications for my condition and/or symptoms?
- ☐ What lifestyle changes can I make to relieve this condition and/or symptoms?
- ☐ What symptoms should I be aware of with this disease or condition?
- ☐ What are the risks and benefits associated with my treatment options?



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