

IMPORTANT QUESTIONS TO ASK YOUR

# PRIMARY CARE PROVIDER



  
**MERIDIAN**  
**HEALTHCARE**

PRIMARY CARE

[MeridianHealthCare.net](http://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

- I've been feeling overwhelmed lately and it's beginning to affect my 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?

Ready for whole-body healing? Meridian HealthCare offers a wide range of services to help you on your path to wellness, including primary care, mental health counseling, acupuncture, chiropractic care, workplace wellness, and addiction treatment. Heal your body and mind at Meridian. Call us today for more information or to schedule an appointment: **330-574-7560**

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