

Personalized Treatment Plan

It's a good idea to prepare for your doctor visit ahead of time. Think about the topics you'd like to discuss, questions you have and any other issues that you'd like to bring up.

This form will help you prepare for your next visit to the doctor. Print it out and fill in as much information as you can. Be sure to bring it with you to your appointment to help you talk with your doctor. There is space for notes so that you can write down any advice or information that your doctor gives you. This will help you collect your health and health benefits information in one document.

Please take this form with you to your next doctor appointment!

Date of visit: _____

Patient name: _____

1. Visit summary/diagnosis

2. Your vital signs

Blood pressure: _____

Temperature: _____

BMI: _____

Weight: _____

3. Your treatment plan

4. Your medicines

New medicines

Current medicines

Current medicines with new doses/instructions

Medicines you **no longer** take
