



My List of Things to Ask the Doctor

Questions my team and I want to ask the doctor:

- _____
- _____
- _____
- _____
- _____

Questions about my health I should always ask:

Do I need any of these tests?

<input type="checkbox"/> High cholesterol – Men and Women
<input type="checkbox"/> Type 2 diabetes – Men and Women
<input type="checkbox"/> Colon cancer – Men and Women
<input type="checkbox"/> Breast cancer – Women Only
<input type="checkbox"/> Cervical cancer – Women Only
<input type="checkbox"/> Osteoporosis – Men and Women
<input type="checkbox"/> Prostate cancer - Men Only
<input type="checkbox"/> Other_____

Do I need any of these shots?

<input type="checkbox"/> Flu
<input type="checkbox"/> Pneumonia
<input type="checkbox"/> Whooping Cough
<input type="checkbox"/> Tetanus
<input type="checkbox"/> Shingles
<input type="checkbox"/> Other_____

What can I do to stay healthy?

<input type="checkbox"/> Get more exercise
<input type="checkbox"/> Eat Healthy foods
<input type="checkbox"/> Quit smoking
<input type="checkbox"/> Other_____
<input type="checkbox"/> Other_____