



# Make the most of your PCP appointment



Discuss concerns you have with balance, walking or falling



Inform your doctor about issues getting your medicines prescribed or filled



Talk about any physical difficulties that limit your ability to complete daily activities



Discuss concerns about getting the care, tests or treatments you need



Talk about concerns with bladder control or issues with leaking of urine



Talk about when you will get results from labs, X-rays or other tests



Have a conversation about any prescription medications you are taking



Learn where and how to get urgent care as soon as you need it



Ask about maintaining or changing your current exercise routine



Ask about getting the flu shot and why it's important



Tell your doctor if you feel downhearted, blue or are having difficulty concentrating and/or remembering things



Share any concerns you have about coordinating the care you are receiving from other doctors or specialists

Remember to schedule your next appointment before leaving!