



Health Visit Plan

1. What are your goals for your healthcare visit

Goal 1:

Goal 2:

Goal 3:

2. What are your health concerns (in order of importance)? Be sure to think about both your mental and general health needs!

Health Concern #1:
<ul style="list-style-type: none">• What does it feel like?
<ul style="list-style-type: none">• How often does it happen?
<ul style="list-style-type: none">• How long does it happen?
<ul style="list-style-type: none">• When does it happen?

Health Concern #2:

- What does it feel like?

- How often does it happen?

- How long does it happen?

- When does it happen?

Health Concern #3:

- What does it feel like?

- How often does it happen?

- How long does it happen?

- When does it happen?

3. Is there any other important information that your provider should know about to help inform the discussion about your health and wellness?

Other medical events (such as surgery or illness)
Other life events that are important for your provider to know about (like losing a job, a divorce, a death in the family)?
Any other emotional stressors you would want to share? Remember that even positive things like getting married, moving to a new home, or starting a new school program can cause emotional stress)

Decisions

New Medications or Changes to Existing Medications

Name and dose	How often to take	Side effects	Other considerations

Other Medication Notes

New Provider, or Change to Existing Provider

What type of provider (specialist)	When (urgent? Routine?)	Recommendations for who to see and how to make an appointment	Do you need anything else (referral, medical records)

Do You Need to Make Any Lifestyle Changes?

When Do You Need to Make Another Appointment?