

# Questions to Ask During Your Annual Checkup

Your health care is a team effort, and you are the most important member. To make sure you get the best possible care, be prepared for your appointment and don't be afraid to ask questions before, during and after your visit. We've prepared a list of common questions to ask your provider. If you don't understand your provider's answers, don't be afraid to ask for further explanation so you can follow through on suggestions for your long-term wellness.

- **Do I need any screenings?**
- **Do I need to make any lifestyle changes?**
- **Should I worry about this change in my health? (i.e., snoring, weight gain)**
- **Do you have any concerns about my long-term health?**
- **Should I be worried about family history of chronic conditions (i.e., breast cancer, diabetes)**
- **Why am I on these medications?**
- **What's the best way to reach a healthy weight?**
- **How can I manage stress better?**
- **Should I be taking any supplements?**

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