

Get the Most Out of Your Next Doctor Visit



Your annual wellness appointment is a chance to talk with your doctor about your health and discuss changes needed for healthier living. This may include screenings and tests, a review of prescriptions, a physical exam and referrals to specialists.

Make the Most of Your Visit:

Here are three things to think about and write down to prepare for your next doctor's visit:



Your family health history

Knowing and sharing the genetic background of your family members (grandparents, parents, siblings and children) helps your physician plan screenings for any diseases or conditions that pose increased risk for you.



Health status summary

List your medications, both prescriptions and over-the-counter, and include the dosage and frequency as well as why you take them. Include any natural or homeopathic treatments, and anything out of the ordinary, such as a restricted diet, specialized exercise programs or lifestyle choices that relate to your health.



Questions for your doctor

You may want to find out how to reduce taking some of your medications or what else you can do to prevent a disease. Bring your questions in a notebook or use your smartphone notepad and record the answers, or ask your doctor for a printed summary of notes.



WE'RE IN YOUR NEIGHBORHOOD

At St. Joseph Health Medical Group, we know keeping your family healthy is your most important job. That's why we have a growing team of Board Certified primary care physicians - including family medicine doctors, internal medicine doctors and pediatricians - who specialize in helping you and your whole family live longer and healthier lives. Click [here](#) to get started.

Need a Physician?

Call St. Joseph Health's Physician Referral Line at **(877) 449-DOCS** or go to StJosephHealthMedicalGroup.org.