



Good health starts with asking good questions

Be your best health advocate. Talk to your doctor about your health goals and finding solutions to common issues.



Six questions you may want to discuss

- 1

Are bladder control issues interrupting your daily routine?

Treatment options may be available to help.
- 2

Have you fallen recently or are you worried about your balance?

You may be able to take steps to feel steadier and gain confidence.
- 3

Have questions about your prescriptions, or are you experiencing any issues getting specific medications?

A review of your medications can help with interactions and side effects.
- 4

Need help with increasing your level of exercise?

Your doctor has recommendations on how to maximize your physical activity.
- 5

Do you feel lonely, isolated, or have recent events caused you anxiety or sadness?

Your emotional health matters. Ask your doctor about ways to improve it.
- 6

Are you worried about affording or locating:

 - Healthy food?
 - Reliable housing?
 - Transportation for medical appointments?



During today’s visit, ask if you’re due for preventive screenings or tests

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