

CHECKLIST FOR PHYSICAL EXAM

- ✓ Current medications, including vitamins and herbal supplements.
- ✓ Allergies
- ✓ Changes to your medical record since your last visit - any new test results, new specialists you have seen
- ✓ Changes you've noted since your last visit – lumps or skin changes, pain, dizziness, fatigue, eating habits
- ✓ Family health history – any new conditions or diseases that have occurred in your close relatives since your last visit
- ✓ Alternative therapies you have received since your last visit
- ✓ Concerns about emotional health – depression, anxiety, sleeping problems
- ✓ Any measurements your doctor has asked you to keep track of - blood pressure, blood sugar or daily weight readings
- ✓ Screenings or vaccinations needed based on your personal situation
- ✓ Future health issues – infertility treatment, weight loss
- ✓ A notebook and pen to take notes during your visit