## **BE PREPARED**

## FOR YOUR NEXT DOCTOR'S APPOINTMENT



## 7 QUESTIONS TO ASK

	How much exercise should I be getting?	
2	What do my blood pressure numbers mean?	
3	What can I do to improve my medical condition(s)?	
4	Are there any tests I should be scheduling?	
5	How does my family health history affect my health?	
6	How much sleep should I be getting each night?	
7	How can I better manage stress?	
Infor ques		and questions during your visit. For example, do you have w symptoms your doctor doesn't know about? Jot down