

# My Health Planner



## Before Your Appointment

Make sure to have a list of any current health problems, medications, allergies, and any other important things to remember

### My current health issues

### My medications

# During Your Appointment

Ask your care team these three questions during your appointment and write their answers below!

**What is my main health issue?**

**What should I do about it?**

**Why is this important for my health?**