

# Prepare for your Annual Wellness Visit



**1** Bring a list – or a bag – of all your prescription medications, vitamins, and supplements. *Please note if you are having trouble getting or taking any medications.* Include your pharmacy name and location.



**2** Bring a printed copy all reports for preventive services received outside of Endeavor Health (examples: eye exam, colonoscopy, mammogram)



**3** Bring a list of the names of all medical providers you have visited, including specialists



**4** Complete your Health Risk questionnaire, available through the Endeavor Health on-line patient portal. If you don't have access to the portal, you can fill out a paper copy when you arrive at the office.



## Important topics to discuss



**Bladder Control Issues:**  
[Urine leakage](#), frequent or uncontrollable urination



**Mental Health Concerns:** Feeling [lonely](#), [isolated](#), [anxious](#), or [sad](#); alcohol overuse



**Falling Concerns:**  
Recent or frequent [falls](#) or difficulty with [balance](#)



**Physical Activity:**  
Questions about increasing your level of [exercise](#)

Consider bringing a family member to your appointment if you have trouble understanding or remembering your doctor's instructions