

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