

MEDICAL VISIT CHECKLIST

Here's what you need to get the most out of your next visit with your healthcare team.



What to bring

- Insurance card
- Primary care physician referral
(if you're seeing a specialist)
- Past medical history
- Names and amounts of medications
- Blood sugar diary and meter
- Food record

What to expect

- Weigh-in
- Urine test
- Blood pressure test
- Blood sugar test
- A1C test
- Feet check