

10 Questions

TO ASK YOUR PROVIDER

1 Am I at risk for any health issues?

Age, lifestyle, and other factors determine which health issues you should be watching out for. Getting the best advice requires honesty with your provider.

2 Is my family history putting me at risk?

Consult your provider if you and your family are experiencing the same illness repeatedly. Genetic factors can play a role in certain conditions, like certain cancers.

3 Are there any additional screenings I need to undergo?

Your healthcare provider may order additional tests or screenings based on the risk factors of specific conditions and your age.

4 How soon should I schedule my next appointment?

The answer depends on your general health, lab results, and medical history. A regular checkup is necessary in case your provider identifies a problem.

5 What vaccinations do I need?

Vaccines help prevent diseases. Your provider may suggest immunizations against certain medical conditions based on your age.

6 What is the best diet plan for me?

If you have any questions to ask the doctor, don't forget to ask about a recommended diet. Be sure to ask about what you should and should not eat.

7 Do I still need my medications?

Taking medication out of habit is common, but it is essential to check whether you need to continue them and whether the dosage is correct.

8 Do my physicals seem normal?

Make sure to ask your provider about your blood pressure, heart rate, etc.

9 How does stress affect my health?

It's often difficult to bring up depression, stress, or anxiety problems with your provider, but your annual exam is a perfect opportunity.

10 Are there any ways that I can stay healthy in the future?

At your annual physical exam, you can set health goals, discuss how to manage chronic diseases, and make follow-up plans.