

Worksheet 4

Concerns

At each visit, your doctor will likely ask about your concerns. It's a good idea to think about what you'd like to talk about before the actual visit. This form can help you organize your thoughts.

Tear out this form and make a copy of the blank form so you will always have a clean copy to use. Or download additional copies from NIA's website at www.nia.nih.gov/health/twyd-worksheets. Then, after you make an appointment, take a minute to write down the name of the doctor and the appointment details (for example, the date, time, and address). Use the form to make a list (in order, from most important to least important) of the concerns you want to discuss.

Doctor:	Appt. Date:
Time:	
Address:	Phone:
Appointment Details (Most Important to Least Important)	
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
Notes:	

