

# HEALTH PROMPT LIST

You are an expert on your own health. This checklist will help you prepare for your appointment.

Please note, if you tick more than one box you may need to book a longer or an extra appointment. If you are worried about costs of your treatment, please talk with your doctor.

## WOULD YOU LIKE HELP WITH...



### ...YOUR PHYSICAL HEALTH?

- Balance
- Drug & alcohol use
- Physical activity
- Feeling tired
- Sleep
- Smoking
- Pain
- Nutrition
- Weight

### ...MANAGING YOUR HEALTH?

- Reviewing medicines or side effects
- Test results
- Illness /injury
- Sexual health
- Reproductive health
- My Health Record



### ...YOUR MENTAL HEALTH?

- Emotional wellbeing
- Social support / loneliness
- Memory changes
- Relationship / domestic issues

### ...KEEPING WELL?

- Immunisation
- Screening: breast, bowel, cervix
- Health check up



### OTHER....

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# NOTES FROM MY APPOINTMENT

You can use this page during or after your appointment to make some notes of what you and your doctor talked about. Doing this may help you to remember things that you need to follow up on, medical reminders or any complex medical terms. It could also help you think about any changes you would like to make to improve your health.

MY VISIT WITH

ON

THINGS WE TALKED ABOUT / OR NEED TO DO

SOMETHING I WANT TO FOCUS ON TO IMPROVE MY HEALTH

ONE STEP I CAN TAKE TO ACHIEVE THIS

WHAT

HOW

WHEN