

**FREE CONVERSATION STARTER**

# Questions for Your Appointment

You do not need to ask every question. Circle, check or rewrite the ones that fit what you want to discuss.

**UNDERSTANDING MY READINGS**

- ☐ Are there patterns in my home readings that you want me to pay attention to?
- ☐ How often would you like me to check and record my blood pressure?
- ☐ What information should I include with each reading?
- ☐ When should I contact your office about a reading or change?

**MY ROUTINE AND MEDICATIONS**

- ☐ Is there a preferred time for me to take or track my medications?
- ☐ Are there side effects or interactions you want me to watch for?
- ☐ What should I do if I miss a dose? Please give me instructions for my specific medication.
- ☐ Should I bring my home monitor or medication list to future visits?

**DAILY WELLNESS**

- ☐ Are there nutrition, movement, sleep or stress-management goals you recommend for me?
- ☐ Are there specific habits you want me to track between visits?
- ☐ How will we know whether my current plan is working?



WRITE DOWN YOUR QUESTIONS &amp; ANSWERS

# Notes From My Appointment

Use this page to add your own questions first, then capture answers, instructions and follow-up details that matter to you.

**MY OWN QUESTIONS**

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**ANSWERS / IMPORTANT NOTES****1**

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