

# Preparing for My Visit

Welcome to UW Health. We are pleased to have the opportunity to serve you.  
**Please complete the information below and bring this with you to your upcoming visit.**

1. Write down your **questions and concerns** for discussion. List your most important questions at the top.

---

---

---

---

---

---

---

---

2. **Bring any home monitoring information** with you to your visit (e.g. blood pressure readings, blood sugar numbers).

3. **Bring your medication bottles** to your visit. If you don't have the bottles or can't bring them along, please list all medicines you're currently taking—prescription medicines, over-the-counter (OTC) medicines, herbal/natural remedies, and vitamins/supplements. (Feel free to write on the back of this page).

Medicine Name	What I take it for (e.g. Diabetes)	How much I take (e.g. 10 mg)	How I take it (e.g. 1 pill by mouth)	When I take it (e.g. before bed)

4. Write down your **health-related goals** for the year:

---

---

---

---

