HEALTH & MEDICAL

Appointment planner

Get more out of every doctor or specialist visit. Fill in the first section beforehand, take notes during, and use the last section to keep track of what happens next.

APPOINTMENT WITH

DATE AND TIME

LOCATION / TELEHEALTH LINK

WHO IS COMING ALONG

Before the appointment

CHANGES SINCE THE LAST VISIT (SYMPTOMS, SLEEP, APPETITE, MOOD, FALLS, MEMORY)

QUESTIONS TO ASK, MOST IMPORTANT FIRST

- [ ] **Bring the Medication list, Medicare card and any referral or test results**
- [ ] **Bring glasses, hearing aids or anything else needed to take part**

During the appointment

WHAT THE DOCTOR SAID

CHANGES TO MEDICINES

TESTS OR SCANS ORDERED

REFERRALS MADE

WARNING SIGNS TO WATCH FOR

After the appointment

FOLLOW-UP TASK	WHO	BY WHEN	DONE
			☐
			☐
			☐

NEXT APPOINTMENT

SHARED WITH (FAMILY / CARERS)

General information only, not medical, legal or financial advice.