Lifelong.

TEAR OFF · TAKE IT IN WITH YOU

Before the appointment.

Three questions. Don’t leave the room until they’re answered.

For _____ Date _____ Seeing _____

What I want to ask

1 _____

2 _____

3 _____

What’s changed since last time

Sleep, appetite, balance, mood, pain. What you noticed, and when.

_____

_____

Medicines right now

Everything, including vitamins and anything bought without a prescription.

_____

_____

☐ I brought the bottles ☐ I brought a list ☐ Someone is coming with me



Helping your mom or dad get ready?

Make this card on your phone in two minutes and send it to the family. Free. Nothing to sign up for.

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A free card from Lifelong, the family health company. It does not come from your clinic. For health decisions, ask your care team.

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TURN OVER FOR BEFORE

After the appointment.

Fill this in before you leave the parking lot. By dinner, half of it is gone.

What the doctor said

What changes with the medicines

Start

Stop

Change

What happens next

WHAT	WHO	BY WHEN

Next appointment _____ Call if _____

Now tell the family.

Take a photo of this side and send it to whoever needs to know. Or keep every visit, medicine and next step in one place with Lifelong for iPhone.

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