



Cardiologist Medical Appointment Checklist

This checklist can help the person you care for get the health care they need.¹ Talking to the doctors about how they are feeling and what concerns they have may help improve their care.

Important topics to discuss:

- My biggest concern as a patient:
- I want my provider to know about these new changes in my health:
- These activities or tasks are challenging for me because of my condition:
- I have these questions about heart health:
- I have the following upcoming procedures (dental work, cataract or other surgery, etc.):

Important symptoms to discuss:

- Chest pain
- Shortness of breath
- Have had to use nitroglycerin
- Weight gain
- Swelling in the feet or ankles
- Missed dose of anticoagulant/blood thinner
- New medication side effects, including sexual side effects
- Feeling down, depressed, anxious or hopeless
- Little interest or pleasure in activities



We can help schedule your next appointment

If you need help scheduling an appointment, finding a pharmacy or understanding your plan, just call Customer Service at the number on your member ID card.

Discussion questions

Prepare for the appointment by reviewing the suggestions below and marking the important items.

About my condition

- I feel (better/worse) than I did one or two months ago. Is this expected?
- What complications should I look out for?
- Are there other resources you recommend for me?
- I'd like to know if I should increase, maintain, or decrease my exercise levels including sexual activity?
- What kind of foods should I be eating and avoiding? Can I continue drinking alcohol?

About my treatment

- What are my treatment options?
- How do you expect the treatment to affect my condition (lessen symptoms, slow disease, etc.)?
- What improvements are you seeing from this treatment?
- What are the risks of treatment? Are there risks of not treating at all?
- How long do I need to stay on this treatment?
- Are there any complementary treatments (such as massage therapy or acupuncture) that might help my condition?

About my medication

- How often should I take my medication?
- If I forget to take a dose of my medication, should I take it when I remember or skip it?
- Are there any special instructions for taking my medication, such as foods to avoid, taking with or without food, taking it at bedtime, etc.?
- What side effects might I develop from taking my medication? What do I do if I notice these side effects?
- What should I do if I have trouble paying for my medication?

About my follow-up

- When should I call you, call 911, or go to the Emergency Room or Urgent Care?
- Do I need to make an appointment with any specialists?
- What are my next steps after this appointment?
- When should I follow-up with you next if I am feeling OK?

Notes and other concerns

¹ This is a list of suggestions to help you prepare for your medical appointment and not comprehensive nor a substitute for medical advice. Coverage may vary by plan. If you have questions about your specific benefits or coverage details, please call Customer Service at the number on your member ID card or check your Evidence of Coverage.