

Primary Care Physician Change Check List

Now that you have made the decision to change your doctor, you will need to prepare for your first visit with your new physician. You are in a health partnership with your doctor, so you need to be an active participant in your care. Since time is valuable to both you and your physician, please come prepared and **remember** your new physician does not know you or your medical history.

- Make arrangements ahead of your appointment to have your entire medical records transferred, including x-rays, EKG's, blood work, lab tests, etc.** The ideal time to have your records transferred is as soon as you have made your decision to change. Your physician may require you to sign a Statement of Release to have your medical records transferred.

Follow-up – It is a good idea to contact your new physician's office to see if your records have arrived.

- Bring all your medications to the appointment.** Your physician can read your medication bottles for the dosage and strength information.
- Keep a "Health Diary."** You can keep two kinds of health diaries to help your physician manage your health care. The first is a diary that documents immunizations, medications, allergies, and the names and types of specialists you are currently seeing or have seen in the past. Please specify for what condition you were/are seeing a specialist. You should also include any surgeries or procedures you had in the past or are scheduled to have in the near future. The second kind of health diary that is a good idea to keep is a diary log between appointments to track any bodily changes, illnesses or persistent/unusual symptoms.
- Bring a list of your questions.** Be prepared! Create a list of questions before arriving for your first visit. We have provided a space for you to list your questions below.
- Bring copies of all legal paperwork that directs your health care determinations,** such as Power of Attorney for Health Care, Conservatorships or Advance Directives.

1. _____

Answer: _____

2. _____

Answer: _____

3. _____

Answer: _____
