

PRIMARY CARE APPOINTMENT CHECKLIST



Seeing a primary care provider is an important part of getting and staying healthy. Get the most out of your appointment by taking a few moments to prepare for your visit.

Be prepared for your next check-up with this checklist:

- Make a list of what you'd like to discuss with your provider. Note what's most important so you can be sure to bring it up early in the appointment.
- Review your family history.** Your provider may ask about diseases that have affected your family members.
- Bring a notebook and pen to take notes,** or use a note-taking app on your phone.
- Bring your medications and supplements** with you (in the bottle or packaging) or bring a list or photo of your medications with the names and dosages.
- Don't forget your insurance card!
- Bring someone with you to the appointment** if you need support.
- Speak up during your appointment.** Make sure you understand the next steps and get the answers you need to take care of your health before you leave the office.



**Maximize
Your City
Health
Benefits!**



Co-pay for
annual physical &
well-child visits



Free vaccines
to prevent
disease



Know your
numbers with
free screenings

4

Hours of paid leave
time for cancer
screenings

Healthy Workforce. **Healthy City.**

WorkWell NYC is New York City's workplace wellness program, serving more than 380,000 City of New York employees who work to maintain a vibrant, safe, and thriving city. Our mission is to empower employees to live healthy, active lifestyles at work, at home, and beyond.

WorkWell NYC offers programs and activities that fit your lifestyle when you're at work, at home, and on the go.

Visit us at nyc.gov/workwellnyc to explore each of our program areas and discover how WorkWell NYC can support you at work and beyond!

**MOVE
MORE** 



**TAKE
ACTION** 

**PROJECT
B.U.I.L.D.**

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**WorkWell NYC**
Healthy Workforce. Healthy City.