

Your Doctor Visit Book

Questions or concerns you have for your doctor:

1.

2.

3.

Any health or life changes since your last visit?

Discuss these important topics:

1. Falls

Have you fallen?

2. Bladder control

Any issues with bladder control?

3. Physical activity

How much feels right?

4. Mental health

How are you feeling emotionally?

5. Mobility

Can you move safely in your home?

Review your medications with your doctor:

Ask your doctor to review any prescriptions, over-the-counter medicines, vitamins and supplements you currently take. Bring your medications to your appointment or list them below—include how much and how often you take each.

My medications, vitamins and supplements:

1.

2.

3.

4.

5.

6.

Do you know the reason for your medications?

☐ Yes ☐ No

If not, circle the medication to discuss with your doctor.

Are you experiencing any new side effects?

☐ Yes ☐ No

If yes, list side effects to discuss with your doctor.

You are covered for an Annual Physical and an Annual Wellness Visit each year

Annual Physical includes:

- Full physical exam
- Lab tests as needed
- Discuss health concerns
- Review prescriptions
- **Immunizations if needed**

Annual Wellness Visit includes:

- Health risk assessment
- Personalized prevention plan
- Mood and well-being check
- Immunization review
- **Physical activity review**
- **Bladder control discussion**

Date of your next Annual Physical:

Date of your next Annual Wellness Visit:



For complete coverage details, see your Tufts Health One Care Member Handbook at tuftshealthplan.com/2026-tufts-health-one-care-member-handbook.