

My Care Next-Step Sheet

Keep it with your medication list. Bring it to every appointment.



1. My care team

WHO	NAME	PHONE
Primary doctor		
Specialist		
Pharmacy		
Health plan		
Family contact		

2. Upcoming appointments

DATE & TIME	WITH WHOM / WHERE	WHAT TO BRING

3. Questions for my next visit

4. After every visit, write down

- ☐ What changed today
- ☐ New or stopped medicines
- ☐ The next appointment
- ☐ Who to call if something goes wrong



Stuck on a step? Book a free 15-minute Next-Step Call.

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