

5 Questions To Ask At Your Next Doctor's Visit

Take this form to your next doctor's visit. Write down your doctor's response to each question for future reference.

1. Based on my current condition, which tests do I really need & how often?
2. How is my cholesterol? Do I need to change my diet?
3. Am I getting enough exercise?
4. How is my weight? What is optimal weight for my height, age and gender?
5. Should I be getting any vaccines?