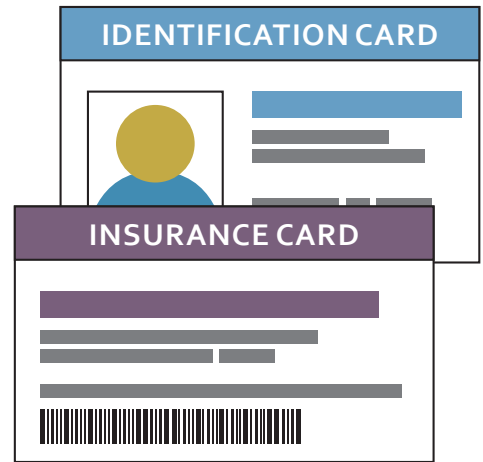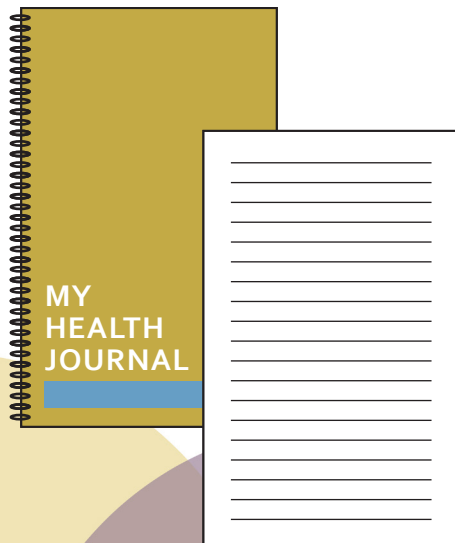# SOUTHERNTIERCONNECT

What to Bring to a Doctor's Appointment

☐ **Valid Photo ID**

☐ **Insurance Card**

☐ **Information on Medical History**

  ☐ List of current diagnoses

  ☐ List of current medications (including dosage & frequency)

  ☐ List of any allergies you may have

  ☐ Any relevant medical records, test results, or imaging reports

  ☐ List of previous surgeries

  ☐ Any relevant information about your family's medical history

☐ **Symptom Tracker/ Health Journal**

☐ **List of Questions and Concerns**

  ☐ If you are unsure how to access your medical portal, ask for instructions at your appointment.

☐ **Notebook for Taking Notes**

IDENTIFICATION CARD

INSURANCE CARD

MY HEALTH JOURNAL