

# Questions to ask your health care provider.

Working together, you and your health care provider can build a preventive care routine that's just right for you. If you're not sure where to start, here are some questions to help guide your discussion:



## General preventive care

- Am I due for any annual screenings or vaccinations?
- Considering my family history, am I at risk for certain diseases or conditions?
- Are there any lifestyle changes that I can make to reduce my risk of health problems?
- How often should I come back for future visits?



## Specific screenings and tests

- Am I a candidate for this test based on my age, family history, or health history?
- Is the test necessary? Why do I need it?
- What are the benefits and risks of having the test?
- How will the test help with decision making?
- Can you explain the process of the test?



## Costs

- Will my insurance pay for the test?
- If I can't pay for the test, what other options do I have?



## Test results

- When will I get my results?
- What do my results mean?
- What is the next step after the test?
- How often do I need this test?