

Questions to Ask Your Provider About Heart Health

Talking with your provider helps you understand your health and make confident choices.

Take a screenshot of this checklist and bring it with you to your next visit.

It's important to talk to your doctor about your heart health. These simple questions can help you learn more about your numbers, your risks, and your next steps.

Understanding Your Heart Health

- ☐ What is my blood pressure right now? Is it in a healthy range?
- ☐ What do my cholesterol numbers mean?
- ☐ Should I get my A1C checked?

Medications & Treatment

- ☐ Do I need to start or change any medications?
- ☐ What side effects should I watch for?
- ☐ What should I do if I miss a dose?

Lifestyle & Habits

- ☐ What small changes can I make to support my heart health?
- ☐ How active should I be each week?
- ☐ Are there foods I should eat more of or avoid?

Risk Factors

- ☐ Based on my age and history, what is my risk for heart disease?
- ☐ Does my family history increase my risk?
- ☐ Should I see a specialist?

Follow-Up & Prevention

- ☐ How often should I come in for a checkup?
- ☐ What preventive screenings should I get this year?
- ☐ When should I schedule my next appointment?

YOUR HEART MATTERS.
Find a Provider and book your next appointment at
CommunityHealthChoice.org