

# What to Expect, What to Ask

Your Name: \_\_\_\_\_

Are there specific concerns you want to discuss today?  No  Yes \_\_\_\_\_

**Have there been any major changes in your family lately?**

- None  Move  Job Change  Separation  Divorce  Death in the family  New pet  Other?  
Describe: \_\_\_\_\_

General Health Information. Since Your Last Visit:	Yes	No	Unsure
Have you had any major illness and/or hospitalizations?			
Have you or anyone in your family developed new medical problems?			
Are there any changes to your medications?			
Do you smoke?			
Do any adults who are around you smoke (includes inside or outside the house)?			

**Do you currently follow a low cholesterol diet?**

- No  Yes, always  Yes, sometimes  Yes, seldom

**Do you check your blood pressure?**

- No  Yes, everyday  Yes, weekly  Yes, every other week  Yes, monthly

**Do you currently take medication for high cholesterol?**

- No  Yes  Names of medication(s): \_\_\_\_\_

Ask your doctor about any specific concerns about high cholesterol.

**Would you like to get more information on any of the topics below?**

Medications/Treatments	Symptoms/Complications	Health Promotion	Nutrition
High cholesterol medicine	Signs of high blood pressure	Smoking cessation	Healthy diet
Lab tests to check/monitor weight loss	Normal range cholesterol	High cholesterol prevention	Calorie intake
Cholesterol specialist	Complications of high cholesterol	Exercise routine	Healthy snacks
Herbal remedies	High cholesterol risk factors	When to call doctor	Decrease fat intake
	Causes of high cholesterol	Dental appointment	Alcohol intake

*This is not a self-diagnosis tool or a treatment plan. Please consult your doctor and share this with your doctor at your next visit.*

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ATTENTION: If you speak Spanish or Vietnamese, language assistance services, free of charge, are available to you. Call 1-844-786-7711 (TTY: 711).

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-844-786-7711 (TTY: 711).

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-844-786-7711 (TTY: 711).