Wellness Notes

WellSense HEALTH PLAN

Spend a few minutes preparing for your doctor's appointment. It will help you get the most out of your time together. Write down any symptoms you may have and the questions you'd like to ask your doctor.

My symptoms	
What are my symptoms?	
When did I start experiencing symptoms?	
Any recent change in medications?	
Have I experiences any recent health, dietary, activity, or environment changes?	
On a scale of 1 (no pain) to 10 (worst pain possible), my pain is:	1 2 3 4 5 6 7 8 9 10 no pain worst possible pain _____

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Questions for my doctor

Notes from my appointment