

# What to Bring to Your Visit

A quick checklist so you arrive prepared and your visit moves smoothly.

Bringing a few key items helps your provider give you accurate, useful care. Use this checklist before every visit so nothing gets missed.

## 1. Identification & insurance

- Photo ID** — driver's license, state ID, or passport.
- Insurance card** (front and back). Bring secondary insurance if you have it.
- Payment method** for any copay, coinsurance, or balance owed.

## 2. Medications & allergies

- Current medication list** with names, doses, and how often you take each one.
- Include **over-the-counter** medications, vitamins, and supplements.
- Note any **medication allergies** or reactions you've had in the past.
- If easier, bring the **actual bottles** — we can review them together.

## 3. Recent labs, imaging, or outside records

- Lab results** from the past year, especially if done outside our clinic.
- Imaging reports** (X-ray, MRI, CT, ultrasound) — printed copies or a CD.
- Specialist notes** or recent hospital discharge paperwork, if applicable.
- Vaccine records**, especially for new patients.

### KEEP MEDICAL INFORMATION SECURE

Please do not email medical details or protected health information. Bring printed records to your visit, or use the secure patient portal when available.



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## 4. Pharmacy information

- Preferred pharmacy name and location (so we can send refills there).
- Mail-order pharmacy details if you use one.
- Note any recent pharmacy changes or insurance formulary changes.

## 5. Top questions for your provider

Writing 2–3 questions ahead of time helps you make the most of your visit. Use the lines below or bring your own notes.

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**Bringing a family member or caregiver?**  
They are welcome at your visit. If they will be picking up information or speaking with the care team on your behalf, let the front desk know so we can document your consent.

**First visit with us?**  
New patients should also complete the New Patient Forms (Resource 03) and arrive 10–15 minutes early so we can verify insurance and review intake information.

**Need to reschedule or have a question before your visit?**  
Call or text the clinic at (480) 943-1220 or message us through the patient portal.