



Check Your Healthcare Savvy

Task	Yes	Maybe	No
Do you know how to request your medical records?			
Do you have a personal copy of your medical records?			
Do you plan what you want to talk about before your appointment?			
Do you have a list of all the medications and supplements you are taking?			
Do you tell your provider all the medications, supplements, and treatments you are taking/using?			
Do you make sure you understand what the provider is telling you and what you need to do next?			

If you don't do some of these tasks, use the forms and checklists in this section to help you get started. It doesn't take much time to get organized and take charge!