

HEALTH APPOINTMENT CHECKLIST FOR WOMEN

Before Appointment	During Appointment	After Appointment												
<ul style="list-style-type: none"> <input type="checkbox"/> Write down your questions and the three most important things you would like to discuss with your provider <input type="checkbox"/> Gather relevant medical records <input type="checkbox"/> Know your family medical history <input type="checkbox"/> List medications and/or birth control <input type="checkbox"/> Track symptoms you are concerned about <input type="checkbox"/> Check your vaccine history <input type="checkbox"/> When scheduling the appointment, make any special requests: <ul style="list-style-type: none"> <input type="checkbox"/> Provider of a certain gender <input type="checkbox"/> Telehealth appointment <input type="checkbox"/> Create or update your MyHealtheVet profile <input type="checkbox"/> Verify the purpose of your appointment, as well as date, time, and location <input type="checkbox"/> If you have a telehealth appointment, confirm you have the link and test your device <input type="checkbox"/> Call the Women Veterans Call Center (1-855-VA-WOMEN) if additional help is needed 	<ul style="list-style-type: none"> <input type="checkbox"/> Make any requests to help you feel safe and comfortable <input type="checkbox"/> Consult your list so that you can focus on your priority concerns and questions <input type="checkbox"/> Be prepared to discuss with your provider: <table border="0" style="margin-left: 20px; width: 100%;"> <tr> <td>Deployment history</td> <td>Breast health</td> </tr> <tr> <td>Family medical history</td> <td>Bone health</td> </tr> <tr> <td>Family planning</td> <td>Heart health</td> </tr> <tr> <td>Sexual health</td> <td>Mental health</td> </tr> <tr> <td>Menstrual cycle</td> <td>Bladder control</td> </tr> <tr> <td>Cervical cancer screening</td> <td></td> </tr> </table> <input type="checkbox"/> Share needs, goals, or values that are important to you <input type="checkbox"/> Ask about the additional VA services and resources that can support you <input type="checkbox"/> Ask if there are any screening tests or immunizations that are recommended for you <input type="checkbox"/> Request needed medication and/or birth control refills <input type="checkbox"/> Take notes and don't be afraid to ask your provider to repeat or clarify information <input type="checkbox"/> Plan for follow-up care before you leave 	Deployment history	Breast health	Family medical history	Bone health	Family planning	Heart health	Sexual health	Mental health	Menstrual cycle	Bladder control	Cervical cancer screening		<ul style="list-style-type: none"> <input type="checkbox"/> Schedule future VA appointments <input type="checkbox"/> Pick up prescriptions or request prescriptions in the mail <input type="checkbox"/> View tests and lab results on MyHealtheVet <input type="checkbox"/> Take advantage of secure messaging online with your VA provider <input type="checkbox"/> Visit www.womenshealth.va.gov/ to learn more
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