

Be proactive about heart health

It can be hard to know exactly what questions you should be asking your doctor when you meet with them for a yearly checkup. Whether you have specific concerns or just want to be reassured you're on a healthy path, these questions can help guide a conversation with your provider.



Save this checklist and bring it to your next physical or annual wellness visit.

Review the basics

1

- ☐ What's a normal cholesterol range?
- ☐ What was my cholesterol level a year ago?
- ☐ What's a normal blood pressure range? What is my blood pressure?
- ☐ What was my blood pressure a year ago? How often should I check my blood pressure?
- ☐ Have my sugar levels been tested recently? If so, do they indicate that I'm at risk for diabetes?
- ☐ Is my weight healthy for my height?
- ☐ Am I getting enough sleep? Am I at risk for sleep apnea?
- ☐ What hormonal changes, if any, should I be aware of?
- ☐ Would you consider checking my hormone levels?

Go over your risks

2

- ☐ Based on my vitals and my family history, am I at risk for coronary heart disease?
- ☐ Based on my vitals and my family history, am I at risk for diabetes?
- ☐ Are there vitals I should pay closer attention to or have checked more than once a year?

Establish healthy habits

3

- ☐ Are there supplements you'd recommend that reduce my risk of future heart disease?
- ☐ What types of foods should I be eating regularly to reduce my risk of heart disease?
- ☐ What does an ideal exercise regimen look like for someone with my vitals and medical background?