

Get The Most Out Of Your Appointment



Quick CheckList:

- ☐ **Understand your symptoms:** Complete the midlife assessment to identify your challenges and how they impact your daily life.
- ☐ **Share your cycle history:** Note your last period and any changes in flow or frequency.
- ☐ **Medical history:** Review past health conditions and any prior hormone therapy.
- ☐ **Family health history:** Record health conditions in your immediate family.
- ☐ **List your medications:** Include all prescriptions, over-the-counter items, and supplements.
- ☐ **Recent tests:** Provide dates/results for your mammogram, Pap test, bone density scan, etc. If you haven't had these recently, no problem—we'll help you plan next steps.
- ☐ **Bring questions:** Whether about symptoms, hormone therapy, or lifestyle support, jot down what you'd like to cover.

