

## GET ORGANIZED

- Insurance card
- Emergency contact information
- Family medical history



1

## WRITE DOWN QUESTIONS

or any concerns you may have.



2

## BRING A LIST OF MEDICATIONS

or supplements you are taking including dosage levels.



3

## MAKE A LIST OF SYMPTOMS

you are experiencing including when you are not feeling your best.



4

## LIST ANY CHANGES IN YOUR ROUTINE

- Fatigue
- Weight changes
- Depression
- Joint or muscle pain



5



# 10

## Things to Consider for Your Next Appointment

*with a Thyroid Health Care Professional*

6



## ARRIVE ON TIME FOR YOUR APPOINTMENT

so you have time to fill out any necessary paperwork.

7



## TAKE NOTES DURING YOUR APPOINTMENT

Bring a notepad and pen, or your cell phone to write down what you discuss.

8



## MEDICATION

It is important to make sure you take your thyroid medication exactly as prescribed. Let your health care professional know if there has been a change in your levothyroxine prescription by your pharmacy or insurance provider.

9



## FOLLOW THROUGH

with your health care professional's recommendations.

10



## STAY IN TOUCH WITH YOUR HEALTH CARE PROFESSIONAL

after your appointment to discuss treatment adjustments.