

To My Doctor: ●●●●●●●●●●

Today I would like to talk with you about...

- My medications
- Testing for specific cancers
- Increasing my physical activity
- Help quitting tobacco
- Losing weight
- Preventing bone loss
- Bladder control problems
- Falling or balance problems
- Feeling anxious, depressed, irritable
- Protecting against flu and pneumonia
- Seeing a specialist
- Memory problems
- Scheduling an appointment to talk about creating an advance directive to express my wishes for care and life-sustaining treatments if I am unable to speak for myself
- _____
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Samaritan Health Plans
815 NW Ninth Street • Corvallis
www.samhealth.org/SHPlans