

Worksheet

My next steps worksheet

Turn the visit into a clear, doable next step.



Follow your care-team instructions.

My plan

Visit date and care team

What we discussed

My first next step

When I will do it

Who can help

Questions I still have

My next appointment

Questions to ask

- ☐ What matters most for me to do next?
- ☐ Can you explain that in another way?

Worksheet

Blood pressure plan & reading log



Keep your personal plan and home readings together.

Follow your care-team instructions.

My plan

When my team wants me to check

My personal target from my team

Readings or symptoms my team wants me to report

When and how to contact my team

My next appointment

Bring this to your next visit

Worksheet

My reading log

Keep your personal plan and home readings together.



Record both readings. Your care team sets the target and checking schedule.

Date	Time	Reading 1 (mm Hg)	Reading 2 (mm Hg)	Pulse, if requested	Notes

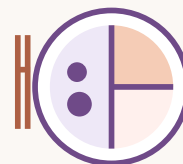
Notes

Questions to ask

- ☐ Does this monitor and cuff fit me?
- ☐ Can you watch me take a reading?

Worksheet

Diabetes plan & glucose log



Make everyday care easier to follow and discuss.

Follow your care-team instructions.

My plan

Medicines and instructions from my team

Whether, how, and when to check glucose

My personal glucose and A1C targets + units

My food or activity goal

My team's written sick-day instructions

When to call and after-hours contact

Supplies or costs I need help with

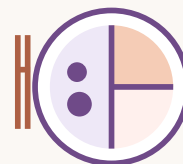
My next appointment

Bring this to your next visit

Worksheet

My reading log

Make everyday care easier to follow and discuss.



Use only if your care team asks you to monitor. Include the units used by your device.

Date	Time	Glucose + units	Meals / activity / symptoms	Notes

Notes

Questions to ask

- ☐ Which first step matters most?
- ☐ Can my medicines cause low glucose?

Worksheet

Medicine list & question card



One current list for your team and your pharmacy.

Follow your care-team instructions.

My plan

Allergies or reactions to discuss

My pharmacy and phone number

Who to contact before a refill runs out

Questions about side effects, instructions, or cost

Bring this to your next visit

Worksheet

My medicine list

One current list for your team and your pharmacy.



Include prescriptions, nonprescription medicines, vitamins, and supplements.

Medicine	Strength	What it is for	How much / when / how

Notes

Questions to ask

- ☐ What is this medicine for, and how do I take it?
- ☐ What if I miss a dose?

Worksheet

Test, referral & results checklist



Know where to go, how to prepare, and when to expect results.

Follow your care-team instructions.

My plan

Test or specialist and why it was ordered

Booking contact and location

Appointment date and time

Preparation instructions from my team

Cost, transportation, or interpreter questions

How and when I will receive results

Who to call if results are overdue

Next step after results

Questions to ask

- ☐ Who arranges this appointment?
- ☐ How should I prepare, including food and medicines?

Worksheet

Next-visit preparation sheet

Bring your priorities, questions, and updates.



Follow your care-team instructions.

My plan

Date, time, location, and contact

My most important question

Other questions

Changes since my last visit

Records or items my team asked me to bring

Interpreter, transport, or other support I need

Questions to ask

- ☐ What should I bring?
- ☐ Can a support person join me?

Worksheet

Care access & support worksheet



Make space for cost, transport, language, and everyday challenges.

Follow your care-team instructions.

My plan

The part of my plan I need help with

What makes it difficult

Person or service we discussed

Contact details

What I need to ask or bring

Next step and date

Questions to ask

- ☐ Who can help me find support?
- ☐ Can I get help with medicine or test costs?

Worksheet

My care-team contact sheet

Keep the right contact close when you need it.



Follow your care-team instructions.

My plan

Clinic and usual care-team contact

Scheduling contact

Medicine and refill contact

Test results contact

Office hours and expected response time

Clinic instructions for help after hours

Other important care contacts

Questions to ask

- ☐ Which contact should I use for this question?
- ☐ When should I expect a reply?

Worksheet

Preventive-care discussion planner

Keep recommended screenings, vaccines, and routine care on track.



Follow your care-team instructions.

My plan

Screening, vaccine, or routine-care topic

My team's recommendation

When to arrange it

Who orders or books it

Records to bring or request

Cost or access questions

Questions for my next visit

Questions to ask

- ☐ Which steps apply to me?
- ☐ When should I arrange them?

Worksheet

Health notes & questions sheet



Put changes and questions into your own words.

Follow your care-team instructions.

My plan

Date and time

What I noticed or want to ask

When it started

Other details I want my team to know

My team's instructions for reporting changes

My question or agreed next step

Questions to ask

- ☐ What should I keep track of?
- ☐ When and how should I report a change?