Keep Track of Your Check-Ups

If you feel sad more often than not, it's OK to ask for help. Talk to your healthcare provider or call your care manager. They can give you choices for ways to help manage and understand your feelings.

Date of visit	Blood pressure We	eight	
Symptoms to discuss	Questions for your healthcare provider	How did you feel about your visit?	
Date of visit	Blood pressure Weight		
Symptoms to discuss	Questions for your healthcare provider	How did you feel about your visit?	
		Blood pressure Weight	
Date of visit	Blood pressure We	eight	
Date of visit Symptoms to discuss	Blood pressure We Questions for your healthcare provider	How did you feel about your visit?	
		How did you feel	
		How did you feel	
Symptoms to discuss		How did you feel about your visit?	
Symptoms to discuss	Questions for your healthcare provider	How did you feel about your visit?	
Symptoms to discuss Date of visit	Questions for your healthcare provider Blood pressure We	How did you feel about your visit? Eight	

Date of visit	_ Blood pressure We	eight
Symptoms to discuss	Questions for your healthcare provider	How did you feel about your visit?
Date of visit	Blood pressure Weight	
Symptoms to discuss	Questions for your healthcare provider	How did you feel about your visit?
Date of visit	Blood pressure We	eight
Date of visit Symptoms to discuss	Blood pressure We Questions for your healthcare provider	How did you feel about your visit?
		How did you feel
		How did you feel
Symptoms to discuss		How did you feel about your visit?
Symptoms to discuss	Questions for your healthcare provider	How did you feel about your visit?
Symptoms to discuss Date of visit	Questions for your healthcare provider Blood pressure We	How did you feel about your visit?



Contact your health plan's customer service or your care manager if you have trouble finding a provider or making appointments. They can also help if you need assistance with transportation.

Date of visit	Blood pressure We	eight	
Symptoms to discuss	Questions for your healthcare provider	How did you feel about your visit?	
Date of visit	Blood pressure Weight		
Symptoms to discuss	Questions for your healthcare provider	How did you feel about your visit?	
		_ Weight	
Date of visit	Blood pressure Wo	eight	
Date of visit Symptoms to discuss	Blood pressure Wo	How did you feel about your visit?	
		How did you feel	
		How did you feel	
Symptoms to discuss		How did you feel about your visit?	
Symptoms to discuss	Questions for your healthcare provider	How did you feel about your visit?	
Symptoms to discuss Date of visit	Questions for your healthcare provider Blood pressure We	How did you feel about your visit? Eight	