



Heart Health Questions for Your Healthcare Provider™

Bring the questions that matter most to you, and leave space to record the answers.



You do not need to ask everything at one visit.
Check your priorities and bring recent results, home readings, medication or supplement lists and symptom notes.

1 Understand My Current Picture



- ☐ What stands out in my blood pressure, cholesterol and blood sugar results?
- ☐ How have my numbers changed over time?
- ☐ Which result deserves the most attention now?
- ☐ Are there other factors we should consider together?

2 Add My Personal History



- ☐ Does my family history change how we interpret my risk?
- ☐ Does my menopause timing or pregnancy history matter?
- ☐ Could another health condition affect my heart risk?
- ☐ Are any of my medications or supplements relevant?

3 Discuss Symptoms



- ☐ Could my palpitations or other symptoms need evaluation?
- ☐ Which symptoms should I track?
- ☐ What changes should prompt a sooner appointment?
- ☐ Which symptoms mean I should call 911?

4 Clarify the Plan



- ☐ What is the most useful next step?
- ☐ Would another test change the plan?
- ☐ When should my numbers be repeated?
- ☐ How will we know whether the plan is working?

Bring Helpful Information

- ☐ Recent lab results
- ☐ Home blood pressure log
- ☐ Symptom or palpitation notes
- ☐ Medication and supplement list
- ☐ Family and reproductive history
- ☐ My top two questions

My Priorities & Notes

My top question: _____

What I want to understand: _____

The next step we agreed on: _____

When I should follow up: _____

Before You Leave

- ☐ I understand the next step
- ☐ I know when to follow up
- ☐ I know which symptoms need urgent help
- ☐ I know who to contact with questions

Gentle Reminder

A useful appointment does not require perfect records.
Bring what you have and begin with what concerns you most.

Martine's Midlife Wellness Tip

Circle your two most important questions before the visit. Starting there can keep the conversation focused if time is short.