



Things to Bring to a Healthcare Visit

- Health insurance card (if you have one)
- Something fun to do in case you have to wait (examples: book, puzzle, fidgets, music player)
- Sensory items (examples: sunglasses, chewing gum, headphones)
- A list of questions or things you want to talk about with your healthcare provider
- If you plan to talk about a symptom or set of symptoms, a completed Symptom Worksheet (if you used it)
- Any logs or diaries you keep related to your health problems (examples: blood sugar measurements, blood pressure measurements, symptom trackers)
- Containers (bottles, tubes, etc.) of all of your current medications. The next best thing would be a list of all current medications, including any new or changed medications
- If you have been to the emergency room, have been hospitalized, or have seen a different healthcare provider since your last visit, any instructions or paperwork that you got
- Name, address, and any directions needed to get to the office.

Anything your healthcare provider has asked you to bring (if they have asked you to bring anything)



AASPIRE WHAT TO BRING TO A VISIT

If this is a visit with a new provider, if you have not seen this provider in a long time (for example, at least two years), or if any of this information has changed since the last time you saw this provider, also bring:

- A short summary of your medical history
- Your old medical records (if you have them)
- Names and addresses (or fax numbers) of your past healthcare providers or any other healthcare providers that you are still going to (your primary care provider and any specialists)
- Names and contact information of people who may be involved in your healthcare. Examples include the person they should contact in case of an emergency, your Healthcare Power of Attorney (the person who would make health-related decisions for you if you ever could not make them yourself), a guardian (if you have one), and anyone who helps you communicate between visits.
- Your intake form, if you filled one out at home.

If this is a first visit, or if you would like to talk with your healthcare provider about your accommodation needs or strategies that may help make visits go more smoothly, also bring:

- Copy of your Autism Healthcare Accommodations letter for your healthcare provider (if you made one)