

My questions to ask my doctor

It's normal to have questions as part of your heart health journey, and your doctor is best placed to answer them. Write down your questions in the table below and take it to your next appointment. To help get you started, we've suggested some questions you might like to ask.



Chat to your loved ones about any questions they might have – you can include these in the table below as well.

My questions	Answers
Risk factors e.g. How can I best manage my risk factors?	
Managing symptoms e.g. What do I do if I notice any new or changing symptoms?	
Medicines e.g. How long do I keep taking my medicines for?	
Healthy habits e.g. How much physical activity should I be doing? Do I need to change what I eat?	
Mental and emotional health e.g. What do I do if I feel down/sad/anxious?	
Ongoing care and support e.g. Am I eligible for a care plan through Medicare?	
Appointments e.g. What follow-up appointments do I need?	
Other questions/notes	