



My Wellness Checklist

Use this checklist for your next appointment. Review it with your doctor and talk about ways to better manage your mental health and overall wellbeing.

Preparing for Your Visit

Check all the boxes that apply to you. Add notes to help you remember what you want to talk about when you see your doctor.

I have been feeling:

- | | | |
|-----------------------------------|-------------------------------------|-----------------------------------|
| <input type="checkbox"/> Anxious | <input type="checkbox"/> Depressed | <input type="checkbox"/> Grateful |
| <input type="checkbox"/> Stressed | <input type="checkbox"/> Hopeless | <input type="checkbox"/> Calm |
| <input type="checkbox"/> Sad | <input type="checkbox"/> Angry | <input type="checkbox"/> Excited |
| <input type="checkbox"/> Lonely | <input type="checkbox"/> Reflective | <input type="checkbox"/> Hopeful |
| <input type="checkbox"/> Down | <input type="checkbox"/> Happy | |

Notes:

Have my energy levels changed since my last visit? Yes No

Have my emotions had a large impact on my daily activities? Yes No

Am I having trouble sleeping? Yes No

Have my eating habits changed? Yes No

Have people made comments about my mood or attitude? Yes No

Have I become more irritable? Yes No

Have I been avoiding social activities? Yes No

Do I have any concerns about my physical health? Yes No

Do I have access to resources for food, housing, and other basic living needs? Yes No

Other things I would like to discuss:



Notes from My Visit

Topics discussed:

My goals:

Additional resources to help me manage my condition(s):

Upcoming Appointments

My next appointment: Date _____ Location _____

Lab tests: Date _____ Location _____

Other important reminders:

Ambetter from Arkansas Health & Wellness wants to help you reach your best health. If you have any questions, please contact us at 1-877-617-0390 (TTY: 1-877-617-0392). We are happy to talk with you.