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## Rheumatologist visit checklist

It's important to be prepared for your time with your rheumatologist. Here's a list of some things to keep in mind for your next visit:

- Bring a list of all of the medications you're taking
- Bring a list of questions or concerns you want to discuss with your doctor
- Bring your completed R.A.P. Sheet (Rheumatoid Arthritis Profile Sheet)
- Bring a notebook to write down new information you may learn
- Find out if you'll be taking any lab tests, and if you'll need to stop eating
- Remember to ask your doctor for your latest lab values
- Wear comfortable clothing
- Try to arrive 20 minutes early to fill out any paperwork
- Bring your insurance card, especially if your insurance has changed recently