Knowing more about your health status can help you reduce your risk of costly health problems and better manage any conditions you might have. This pocket card will help you get the most out of visits with your doctor.

**10 Questions TO ASK YOUR DOCTOR**

1. Given my family medical history, what health screenings are recommended?
2. What do my symptoms mean?
3. What tests do I need? What is the cost?
4. What treatments are proven effective?
5. Can I make any lifestyle changes that might help my condition?
6. What is the name of the medicine, and what is it supposed to do?
7. Is there a generic version available?
8. How will this medication interact with other medicines and supplements I am taking?
9. What are the possible side effects of proposed treatments or medications?
10. What are my numbers?
   - What do they mean?
   - What should my targets be?
   - When should they be re-checked?

**Body Mass Index (BMI)**

Body Mass Index (BMI) is a tool for indicating weight status in adults. As BMI rises, the risk for some diseases increase. Talk with your doctor about how your BMI can affect your health and steps you can take.

\[
\text{BMI} = \left( \frac{\text{weight in pounds}}{\text{(height in inches)} \times \text{(height in inches)}} \right) 
\times 730
\]

**HealthTracker**

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