



It's important to keep track of your vaccinations and **keep them up-to-date.**

Spot The Issues

Your doctor can give you most of the vaccines that you need. But you need to give him or her **your vaccination history**. The **1on1health® Your Next Appointment** form can help.

Ask yourself:

- Do you have a record of what vaccinations you've had? If not, can you get your vaccination records, perhaps from a doctor you used to see?

- Which, if any, medical conditions or diseases do you have?

- In the last year, have you had steroid shots, x-rays, cancer treatments, or blood transfusions? If so, what?

- If you're a woman, are you pregnant now or thinking about getting pregnant soon?

- Are you planning to travel anywhere outside the country where you might need other vaccinations? If so, where?

- Are you allergic to any medicines or foods? If so, what?

- Have you ever had a serious reaction to a shot? If so, what?



You may have other questions about vaccines. Don't be afraid to ask them.

Spot The Issues, continued

Ask your doctor

- If I don't know what vaccines I've had in the past, what should I do?

- Do I have a medical condition, like heart disease or diabetes, which puts me at special risk? Do I need other vaccinations? Are there any vaccines I should not get?

- Is there anything about my job or lifestyle (like working in a healthcare office or moving into a college dorm) that puts me at higher risk for some diseases? Do I need other vaccinations?

- What are the possible side effects of these vaccines?

- Are all my vaccinations now up-to-date?

- When do I need to get my next vaccinations or boosters?

- Can your office send me a reminder when I should come in again?
