

Making the Most of Your Healthcare Appointment

A healthcare visit is a good time to check which vaccines are recommended for you. Use this guide to prepare, ask questions, and make a plan for what comes next.

1 Plan for Your Visit

What to bring:

- ☐ Your insurance card
- ☐ A list of your medications and allergies
- ☐ Your vaccination records, if available
- ☐ Notes about any recent illnesses or changes in your health
- ☐ A list of questions you want to ask



Need to find vaccines near you?

Use CVEEP's [Vaccine Locator tool](#).

2 Questions to Ask During Your Visit

About vaccine recommendations:

- Which vaccines are recommended for me?
- Does my age, health, medication, or vaccination history affect which vaccines I need?
- Can I safely get more than one vaccine today?

About access and coverage:

- Will my insurance cover the vaccines recommended for me?
- If I can't get vaccinated here, where else can I go?

About next steps:

- Will I need another vaccine dose or follow-up appointment?

If you're 50+:

- Are there vaccines recommended because of my age?
- Do any health conditions put me at higher risk for serious illness?

If you're pregnant or planning for pregnancy:

- Which vaccines are recommended during pregnancy, and when should I get them?
- Can vaccination during pregnancy help protect my baby after birth?

If you have a chronic health condition:

- Does my condition affect which vaccines are recommended for me?
- Do any of my medications affect which vaccines I should receive or when I should receive them?

3 Make a Plan Before You Leave

- ☐ I know which vaccines I received
- ☐ I know which vaccines I still need
- ☐ I know where to get vaccinated
- ☐ I know when I need my next dose or appointment
- ☐ I know where to find my vaccination record
- ☐ I know who to contact with questions
- ☐ I scheduled my next appointment if needed