

# Your Primary Care Pre-appointment Checklist

## Before your first visit:

- **Set up a MyNM account.**  
If you open a [MyNM account](#), you can use [eCheck-In](#) before your visit. Also, we can let you know if an earlier appointment opens up.
- **Write down your health concerns.**  
Include any symptoms you have.
- **Write down all medications you take.**  
Include prescription medications as well as over-the-counter medications and supplements. Note how much you take and how often.
- **Gather your medical history.**  
Write down past surgeries, illnesses, time spent in the hospital, allergies and immunizations. Include dates if possible.
- **Gather your family's medical history.**  
Write down health conditions that run in your family.
- **Make a list of questions for your care team.**
- **Be sure you have your insurance card and a photo ID.**  
You will need to show these at your appointment.

For more information about Northwestern Medicine, visit [nm.org](https://www.nm.org) or call 844.NMBETTER (844.662.3883, TTY: 711).