

Questions for your health care team



You're likely to have questions that you want to ask your doctor or cardiac rehab team. You can write these below.

Questions about healthy eating

Example: Do I need to limit sodium to less than 2,300 mg per day?

Questions about exercise

Example: What should my target heart rate range be during exercise?

Questions about medications

Example: Which of my medications help manage my cholesterol levels?

Questions about related health problems

Example: What's my blood sugar goal before and after meals?

Questions about emotional well-being

Example: Do I need medication for depression?

Other questions
