

DOCTOR APPOINTMENT

Date: Tuesday, Oct 29

Time: 2:00 PM

Location: City Health Center

Doctor: Dr. James Wilson

Type: Annual checkup + blood work

Bring:

- insurance card
- photo ID
- medication list

Topics:

- Blood pressure follow-up
- In. Adviser to reduce coffee intake to lower BP
- Annual physical
- vaccination status
- sleep quality issues

Notes:

- Fasting before
- Results in 3-5 days
- parking in building lot