



## PREPARING FOR YOUR NEW PATIENT APPOINTMENT

### Ventura Office

100 North Brent St., Third Floor  
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### Oxnard Office

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Oxnard, California 93030  
Tel: (805) 278-4020  
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1. **Bring a list of your current medications.** Write out all your medications and include the **name, dose, and frequency of use.** List all your medication allergies too.
2. Bring a list of the **Health Care Professionals** who care for you. Be sure to include their address, phone number and condition you are seeing them for.
3. **Compile a list of your past health history.** Include any surgical procedures and dates, a list of any major illness/health issues currently, and in the past. Please list any major tests, especially if performed in the last year. Knowing past health events can help the physician make a diagnosis and prescribe the best course of treatment.
4. **Compile a family health history of close blood relatives.** This includes brothers, sisters, parents and children. From a cardiology perspective, your physician will want to know if any of your close relatives have been diagnosed with heart disease, high blood pressure, high cholesterol, diabetes, or aneurysm. Knowing when your relatives passed away and cause of death is also important. A family history of health events may provide clues to heart related conditions you may be at risk for developing.
5. **We will need a copy of your current labs, and any pertinent records** that relate to the reason why you are seeing a cardiologist. You can bring them to your first appointment, or have the physician who referred you to us, fax or send us a copy. This will also help us to avoid duplicating tests unnecessarily.
6. Write down a list of the questions you have about your condition and bring them with you to your appointment.
7. **Please bring your current insurance cards and ID to your first appointment.** Any time that you change insurance providers, have new insurance cards, have moved, or have a new primary care physician, and you are here for an appointment, please notify our front desk upon arrival of the changes. If you have a copay, please be prepared to pay that when you check in.
8. **Please fill out our new patient forms, and bring them with you to your appointment.** If you did not receive a packet by mail, you may find a downloadable copy on this website ([www.CardiacAdvantage.com](http://www.CardiacAdvantage.com)).

PRACTICE LIMITED TO CARDIOLOGY