

ADHD Checklist

Be Ready for your Doctor's Visit

To help your child manage ADHD, their doctor needs to see them often to check how well their medicines are working. You can make the most of your time with the doctor by having the information they need ready when you get there. Here's a checklist for you to complete before each visit. That may give you more time with the doctor to talk about other things.

Things to do before the visit:

- Fill out any paperwork the doctor asked for.
- Check with your child's teacher a week before the visit. Ask them to fill out any paperwork the doctor asked for or write a few sentences about how your child has been doing.

Questions for you:

1. Is your child taking their medicine every day? Yes No
 If no, how many days have they missed in the last week? _____ In the last month? _____
2. Have you noticed any of these side effects?

Side Effect	Yes	No	How often in the last week?
Stomach ache			
Not hungry			
Headache			
Sleep problems			
Moody/irritable (Either when taking the medicine or when it's wearing off)			

Comments or questions for the doctor: (Include any changes in your child's grades, behavior or weight. Note any other medicines they may have started or stopped.)

The National Committee for Quality Assurance recommends kids or teens taking new medicines for ADHD see their doctor:

- Once in the 30 days after they begin taking the medicine
- Twice more in the following 9 months

If your child keeps taking the same medicine long-term, ask your doctor how often to schedule visits.



Find more ADHD info:
bluecare.bcbst.com/adhd

Spanish: Español ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al BlueCare 1-800-468-9698. Llame al TennCareSelect 1-800-263-5479 (TRS: 711: 1-888-418-0008).

Kurdish: کوردی ئەگەر بە کوردی سۆرانی قسه دهکهن، خزمهتگوزارییهکانی وهگران بهخۆراییی دهخریته بهردهستان. پهیهندی بکهن به ژماره TennCareSelect 1-800-263-5479, BlueCare 1-800-468-9698 (TRS: 711: 1-888-418-0008).



Do you need help with your health care, talking with us, or reading what we send you? Call us for free at: BlueCare 1-800-468-9698 or TennCareSelect 1-800-263-5479 (TRS: 711 and ask for 888-418-0008).

We obey federal and state civil rights laws. We do not treat people in a different way because of their race, color, birth place, language, age, disability, religion, or sex. Do you think we did not help you or treated you differently? Then call BlueCare 1-800-468-9698, TennCareSelect 1-800-263-5479 or TennCare 1-855-857-1673 (TRS 711) for free.

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