



My Checklist:

# Talking to a Provider

about pelvic health

Hi \_\_\_\_\_,

I've been participating in an online exercise program for pelvic health called Bold. This program includes pelvic floor exercises and provides educational resources for older adults.

I want to talk to you today about my symptoms.

I've had these symptoms (check all that apply):

- I have bladder leakage
- I feel discomfort or pressure in the pelvic area
- I often need to use the bathroom room urgently
- I have other concerns related to pelvic health:

This is how often I have the symptoms (check one):

- Daily
- Weekly
- Monthly
- After activities like walking, running, sneezing or getting up from a chair.
- Other

I'd like to learn more about the ways I can improve my symptoms. Can you help me with that?