

My Checklist

Pelvic Health

Talking to My Healthcare Team

Hi _____ ,

- I've been participating in Bold, an online exercise program designed to help older adults improve balance and strength.

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?