**What to bring to the first visit at Generations:**

1. Completed Self-Assessment Form
2. Durable Power of Attorney for Health Care, Advanced Directives/Living Will if available
3. Medication Bottles, vitamins and supplements (bottles are important to bring to verify dose, prescriber and quantity of medication)
4. Insurance Cards (including prescription coverage)
5. Support Person (friend or family member that will participate in the appointment with you)