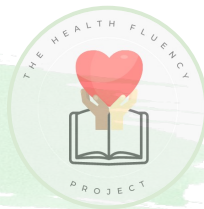


Appointment Navigator



How many times have you left an appointment only to think of a question or symptom you weren't able to ask about? This sheet is designed for you to make the most out of your visit. Writing down your major concerns can help you and your doctor immensely—let's try it out!

What am I coming in for?

Is this a check-up? A “maintenance visit” for ongoing medical issues? A new symptom or problem that you need to bring up? Do you need to talk about big events in the near future? What questions would you like to ask the doctor?

What symptoms have I experienced?

Consider:

- 1) How long have I had these symptoms for?
- 2) What does the symptom feel like?
- 3) What makes it worse? Better?

Lifestyle:

Are you sleeping well? How are stress levels? What does your daily diet consist of? How often are you physically active? Be prepared to answer personal questions about sexual health, alcohol/drug use, mental health, etc.

Allergies:

Relevant Health Conditions:

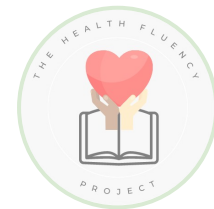
Medications:

Also mention any supplements being taken.

Notes and Recommendations from Visit:

Were we helpful?
Let us know!





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