

WHAT YOU WANT TO COVER

What are your immediate concerns and/or goals for your visit? What questions do you want to make sure you ask? This form will help ensure you remember everything you want to cover!

CONCERNS: My top three medical concerns, in order of importance to me are:
1.
2.
3.

GOALS: My goals for this appointment are:
1.
2.
3.

QUESTIONS: My questions for the doctor are:
1.
2.
3.

If you are unsure what to ask, here are a few suggestions:

- What is my diagnosis? What else could it be?
- Why do you think this is my diagnosis (from test results/physical exam)?
- Could there be more than one thing going on?
- What do I need to do to feel better?
- Can you explain the test/medication/specialist you want me to have/see?
- When should you have the test results?
- What are the risks to the test/medication you are prescribing me? What happens if I do nothing?
- When do I need to follow up with you? How do I reach you (phone, email, online portal)?
- What should I do if my symptoms worsen or change or I don't respond to treatment?

Consider what is important to you about your relationship with your doctor. Express this at the visit.

- What are your information needs? Do you prefer directives or shared decision making?
- Does your doctor's personal style matter to you (formal, soft spoken, laid back, uses humor)?
- Is it important that your doctor matches your gender, race and/or age?
- Do you have a preference where he/she practices (small, large, academic or community setting)?