

# Get More Out of Your Doctor Visits

## Something New?

Your own health is your biggest priority, use this checklist to ask honest and clarifying questions to your medical professional to help create a care plan you believe in

### **Prior to your visit:**

- Determine what are you trying to accomplish with this visit / care plan
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  - The purpose of my visit is...
  - The best case scenario of you being able to help me is...
  - The acceptable level of success for this visit is...
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### **During your visit:**

- Deliver your intent for this visit when your medical professional asks "So, what brings you in today?"
  - *Example:*
    - *The purpose of my visit is that when I go for a walk, I experience pain in my right knee. I would like to walk without experiencing that pain.*
    - *The best care scenario of you being able to help me is that I am able to get out of pain without taking medication, without stopping exercise all together, without an injection, and without a surgery.*
    - *The acceptable level of success for this visit is that maybe I have to take some medication for a short period of time, and I am able to get myself off it. If that's the case I want to understand why this specific medication? why this much of it? how do I know when to start taking it off? how do I know I've taken off the right amount? all of the step along the way*
- Let your medical professional determine if they can deliver your acceptable level of success for your visit
  - if so, proceed
  - if not, you are free to end your visit and seek a referral or second opinion

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## General Visit

### INTENT FOR YOUR VISIT:

- Determine what are you trying to accomplish with this visit / care plan
  - The purpose of my visit is...

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- The best case scenario of you being able to help me is...

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- The acceptable level of success for this visit is...

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### NOTES: