

HEALTH APPOINTMENT NOTES

Date: _____ Provider: _____

Reason: _____

BIG 3 PRIORITIES

Have an agenda
Prioritize your top concerns
What are your expectations?

1. _____

2. _____

3. _____

30 SECOND PITCH

Tell your story
Concise and pertinent
Practice your speech

ATTENTION QUESTIONS

To keep a distracted doc engaged, ask:
"How's your day going?"
"How will we know treatment is working?"
Or the simple and direct..."WHY?"

LAYMAN'S TERMS

Don't waste your time!
Ask for simple explanations
Don't leave without understanding

TAKE NOTES

Answers to your Big 3 questions. What do you need to do next? Repeat back to confirm

Follow up in _____ days / weeks

