

YOUR APPOINTMENT. YOUR VOICE. YOUR HEALTH.



PREPARE | PRESENT | PREVENT

PREPARE

Before you go

- Bring an advocate or have someone to put on speakerphone.
- Write down your questions ahead of time (e.g. notes app on your phone or pen and paper).
- Keep a symptom log.
- Know your medical history: past diagnoses, meds, allergies.
- Practice out loud what you want to say the night before.

Track your symptoms:
onset, location, duration,
severity (0-10), what
makes it better or worse.

PRESENT

In the room

- Don't shrink yourself, you deserve to take up space and be heard.
- Speak confidently.
- Take notes during the visit (e.g. notes app on your phone, pen and paper).
- Introduce yourself to the nurse; building rapport *may* ease stress.
- Be honest about how you feel and your symptoms, not sharing may delay your care.
- This is a conversation, not a pop quiz., and you can ask questions.

PREVENT

After the visit

- Schedule and keep your follow-up appointments.
- Be an active participant in your health journey.
- Update your symptom log after each visit and between visits.
- If something does not feel right, or if symptoms worsen, call your doctor or call 911.

YOUR APPOINTMENT SCRIPT STARTERS

"This has been affecting my daily life in [specific ways] for [duration]."

"It started [when], located at [where], and feels like [burning/tingling/pressure]."

"On a scale of 1-10, my pain is a [number]. It gets [better/worse] when [factor]."



Gather your own data. You are the expert on your own body.

A blood pressure log, symptom diary, and list of questions are your best tools before any appointment. Your doctor can only work with what you give them.