

Provider Visit Checklist – Based on My Journey

Bring This Sheet to Your Appointment

Use this checklist to stay grounded, make sure your story gets told clearly, and walk out with a plan you understand.

■ PREPARATION

- Write out your top 3 symptoms or struggles.
- Make a copy of your personal condition list or symptom tracker.
- Bring any recent labs, imaging, or medication list.
- Decide ahead of time what kind of help you're asking for today.

■ DURING THE VISIT

- Use your notes as a script if emotions or fog start to derail you.
- If the provider talks over you, calmly say: "Can I finish my sentence please?"
- Ask for your diagnosis to be written down and explained simply.
- If you feel rushed, say: "I still have a few key concerns I need help with today."

■ BEFORE YOU LEAVE

- Get a clear explanation of the plan: What is being tested, treated, or watched?
- Ask when and how you'll get results or follow-ups.
- Ask: "What should I do if my symptoms get worse?"
- Confirm next steps in writing – lab order, referral, imaging, return visit.

■ AFTER THE VISIT

- Write down what you remember right after the visit.
- Add notes to your personal condition list or symptom timeline.
- Track your response to any new medication or protocol.
- Set calendar reminders for labs, follow-up, or symptom changes.