

Before Your Next Doctor's Appointment

Prepare your questions. Keep the conversation focused on what matters to you.

Name: _____ Date: _____ Provider: _____

1. My top three concerns

What do you most want to understand or discuss today?

1. _____
2. _____
3. _____

2. Symptoms or changes I want to discuss

Note when they began, how often they happen, and how they affect daily life.

3. Current medications and supplements

Include name, dose, and how you take it. Bring an updated list if you need more room.

Name	Dose	How / when I take it

Allergies / reactions: _____

Use this to prepare questions, not to decide treatment or change medications.

Leave With a Clear Next Step

Use this page during the visit. Ask for clarification before you leave.

4. Questions I want answered

- What do these findings mean, and what are my options?
- What should I expect next, and who should I contact with questions?
- Which changes or symptoms should prompt a call or urgent help?

5. My understanding of today's plan

Try: "To make sure I understood, the next step is..."

6. Next steps and responsibilities

Action / follow-up	Who handles it?	When?

Questions after the visit? Contact: _____

Next appointment / test: _____ Date: _____

Need help organizing the bigger picture?

Ember helps families prepare questions, organize care details, and find a clearer path.

Request a complimentary discovery call:

ember-health-concierge.staceymtyler.chatgpt.site

An organizing tool, not medical advice. Medical decisions stay with your treating team.

Keep your completed worksheet private. Bring it to your appointment.