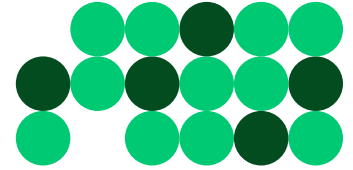


Advocating for your health means equipping yourself and your doctor with the information you need to plan your next steps. **Use this worksheet to prepare for your appointment**, ask the right questions, and make sure you're getting the best follow-up care.



My appointment notes *Fill out during your appointment*

Notes from my appointment

Questions for my doctor

*During your appointment, take notes.
Make sure to ask your doctor to clarify
anything you don't understand. You have
the right to ask questions as a patient!*

My next steps

Do I need a

- Referral for a specialist?
- Follow-up appointment?
- Prescription?
- Lab test?