



# Questions for Your Visit

A worksheet to organize symptoms, concerns, goals, and questions before your appointment.

Visits go faster than expected. Use this worksheet a day or two before your appointment to organize what's on your mind. Bring it with you, and feel free to share it with your provider at the start of the visit.

PATIENT NAME	DATE OF VISIT	PROVIDER

## 1 What's on your mind today?

List your top 1–3 concerns in order of importance. If you only have a few minutes with your provider, what matters most?

**Top concern** — what is most important to address today?

**Second concern** (if any)

**Third concern** (if any)

## 2 Symptoms — give us the details

If something is bothering you, the more detail the better. Use the table below for each symptom.

SYMPTOM	STARTED	HOW OFTEN	SEVERITY	WHAT HELPS / WORSENS

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## 3 What's changed since your last visit?

Note anything different — health, medications, life events, mood, sleep, or daily activities.

Health or symptom changes (new symptoms, things that got better or worse).

Medication or supplement changes (started, stopped, switched, side effects).

Life changes that may affect your health (job stress, sleep, diet, exercise, family, mood).

## 4 Your health goals

What would you like to work toward? Goals can be small or big — better sleep, more energy, lower blood pressure, prepping for a trip, managing a chronic condition.

**Short-term goals** — anything you'd like to address in the next few weeks or months.

**Long-term goals** — bigger-picture health priorities for the next year or beyond.

## 5 Questions to ask your provider

Some prompts to get you started. Use them, ignore them, or write your own — whatever helps you feel ready for the visit.

- Is what I'm experiencing normal, or does it need follow-up?
- What could be causing this? Are there other things it might be?
- Do I need any tests, screenings, or referrals?
- Are there changes I can make at home (diet, exercise, sleep) that would help?
- How will I know if it's getting better or worse?
- When should I follow up — and what should I watch for in the meantime?

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Your own questions:

## 6 Notes from your visit

Use this space during or right after your visit so you don't forget what was discussed.

1 What did we talk about?

2 What changes are we making? (new medications, dose changes, lifestyle changes)

3 Tests, referrals, or follow-up scheduled?

4 When should I follow up — and what should I watch for?

### Bring this with you

You can fill this out on your phone or print it. Sharing it with your provider at the start of the visit can help you cover everything that matters most to you.

### KEEP MEDICAL INFORMATION SECURE

If you'd like to send this to your care team ahead of time, use the secure patient portal. Please don't email completed worksheets with health details.