

Questions before your appointment

You know yourself better than anyone. If you've had ongoing pain or symptoms, you may have a chronic health issue. We want you to feel empowered to take control of your health.

To get the most out of your next discussion with your healthcare provider, please answer these questions about your symptoms.

1a. What are your symptoms?

1b. How often have you had these symptoms?

___ x per Day Week Month

1c. For how long?

___ Days Weeks Months Years

2a. Do your symptoms affect any daily tasks or activities (brushing your teeth, carrying groceries, exercise, etc.)?

Yes No

If yes, please list the daily tasks or activities:

1d. When do you experience these symptoms?

Morning Afternoon Evening Night

1e. How severe are they? (1=mild, 10=extreme)

1 2 3 4 5 6 7 8 9 10

2b. How much are your activities affected?

Rarely Sometimes Often Always

3. Have you done anything to manage your symptom(s), including trying any over-the-counter medications or therapies?

4. Write any additional questions you'd like to ask your healthcare provider during your appointment:

Questions to talk through at your healthcare provider appointment

Bring this form with you so you can ask questions and take notes during your discussion.

1. What might be causing my symptoms?

2. Could these symptoms suggest a more serious health condition? If so, what health conditions?

3. Are there any diagnostic test(s) that I need to take to confirm a diagnosis? If so, which ones?

4. What treatment options are available?

5. What treatment plan do you recommend for me?

6. If I start new medication(s), when would I start to see results?

7. If I start new medication(s), what side effects should I look for?

8. Are there alternative therapies that could work for me?

9. Are there any lifestyle changes that I should make?

10. When is my next appointment?

Date: _____ Time: _____