

Notes on your visit today

Thank you for coming in today. We'll do everything we can to give you the best care possible. The best care happens as you and your healthcare providers work together. The two lists below outline how you can do this.

What you can expect your healthcare providers to do

- Listen carefully and respectfully to your concerns.
- Do everything they can to understand what's causing your symptoms and what you can expect.
- Clearly explain your treatment options. Work together with you to decide on the best treatment.
- Help you understand what you can do at home to improve your condition.

What you can do

- Tell us about your symptoms, and how they're affecting your daily life.
- Ask questions. Make sure you understand. If you need to, ask to have something explained again.
- Tell us about issues that might affect your care, including your values and preferences.
- Follow your healthcare providers' recommendations for caring for yourself at home.

What type of care are you here for today?

During your appointment, ask the questions below. Use the spaces to take your own notes. Before you leave, show your notes to your healthcare provider and make sure you share the same ideas about what to do next.	Should I make another appointment?
What's my main problem?	
	What should I watch out for?
What can I do about it?	
Ask about medication, rest and activity, diet, returning to work or school, and your other questions.	
Tell your doctor if there's anything you feel unable or unwilling to do. There may be something else you can do instead.	
What to do:	Other notes
Why it's important:	
What to do:	
	Who should I call if I have questions or concerns?
Why it's important:	Name:Phone: