



This section will help you keep up to date with your important screenings and other tasks that help keep you healthy. You have 12 actions to take care of.

Action Items

1 A short guide for making the most of your appointment

This guide will help you partner with your doctor to become a team.

Your questions are encouraged!

How can you use this guide?

It doesn't matter if your appointment is in person or by phone, you can use this guide to discuss your health concerns with a health care professional and assist them in making a "working" diagnosis and treatment plan.

The phrase "working" diagnosis is used because a diagnosis may:

- change over time,
- be certain or uncertain,
- take more than one visit to confirm, or
- take work to complete.

Consider Personal Support

Having two sets of ears may help you remember your questions and better understand the answers provided to you. You can ask a friend or family member to come with you when your appointment is in person or be there with you when talking with your provider over the phone.

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NEXT SECTION



Body mass index (BMI)

Your BMI is higher than it should be, get started on your weight loss journey with [Healthy Balance](#).



This section will help you keep up to date with your important screenings and other tasks that help keep you healthy. You have 12 actions to take care of.

Action Items



1 Preparing for your visit

Review any instructions given by your health care team and complete any tests ordered prior to your visit.

- How would I describe my pain or discomfort? What brings it on? Constant? Location? Spread? Severity? For how long?
- List or print out and review all prescribed medications, over-the-counter medications, vitamins, and supplements you are taking, and how often.
- List all prescribed medications you are not taking and indicate any questions or problems you are having with them.

- Head / Neck ☐
- Chest ☐
- Arms ☐
- Hands ☐
- Abdomen ☐
- Pelvic Area ☐
- Legs ☐
- Feet ☐

Front



- Head / Neck ☐
- Upper back ☐
- Arms ☐
- Hands ☐
- Lower back ☐
- Buttocks area ☐
- Legs ☐
- Feet ☐

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My notes (Make a list of your concerns in order of priority)

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Action Items

1 During your visit

The doctor may examine you, ask some follow up questions, review your lab results if applicable, and discuss your diagnosis and treatment plan.

- Do all my symptoms fit with my diagnosis? What else could this be?
- Do I need any tests? Purpose of tests? When will I get my results? How will results be given to me?
- What are the options for treatment? Pros/cons and cost of each? Duration of treatment options? What if I don't follow the treatment?
- New medications, or changes to existing ones? Side effects? Are there medications that could be stopped?
- Are there additional appointments, referrals, or second opinions?
- Will I need help or equipment at home?
- How can I learn more about my diagnosis?
- Who may I contact if I have additional questions or concerns?

It is important that by the end of your visit, you understand and can explain:

- What are my main problems?
- What do I need to do about them?
- Why is it important for me to follow my treatment plan?

If something is not clear, [ask your doctor](#) to explain it again. You can also see [the notes of your past visits](#).

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Action Items

1 After your visit

- ☒ Fill your prescriptions (you can order on kp.org or find a KP pharmacy near you)
- ☒ Complete Ordered tests
- ☒ Schedule follow-up appointments
- ☐ Review educational materials provided
- ☒ Continue to watch your symptoms
- ☒ Follow-up on any other preventative actions (immunizations, screenings, etc.)

- Have I made the recommended changes?
- Have my symptoms changed as expected?
- Are my symptoms improving?
- Are my symptoms lasting longer? Am I feeling worse? Do these symptoms concern me enough to talk to someone?

My Notes:

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Body mass index (BMI)

Your BMI is higher than it should be, get started on your weight loss journey with [Healthy Balance](#).

BMI is a number that tells you if your weight is healthy for your height. Maintaining a healthy weight can help lower your risk for many health problems.

If you need support to manage your weight, you can connect with a wellness coach by phone at a time that's convenient for you. You and your coach will work together to set goals and create a plan for healthy, lasting change. To schedule an appointment, call [1-866-862-4295](tel:1-866-862-4295) Monday through Friday, 7 a.m.–7 p.m.

