

## HEALTH CONVERSATION STARTER

We understand that it's sometimes difficult to talk about health issues. To ensure that we can deliver quality healthcare, we've developed this conversation starter—a worksheet that will help you as you talk with your doctor about the issues you're experiencing. Bring this with you to your doctor's appointment, along with a current list of medications.

**What is the reason for your visit? (Please be specific):**

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**What symptoms have you recently had, when did they start and do you experience them periodically, or constantly?**

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**What are the three main things you want to know when you leave the doctor visit? What are your biggest concerns?**

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**Think about the questions you want to ask your doctor, and prioritize them in order of importance.**

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