

One page for the next appointment

Appointment date: _____ Provider: _____

Prep: what to bring

- ☐ Insurance cards & office paperwork ☐ Other providers' names & phone numbers
☐ Current medication & supplement list ☐ Relevant instructions, results & records

What matters most to the person receiving care?

Our concerns, most important first

Continue on the back if you need more space.

What changed? When? How does it affect daily life?

What do we need explained?

Item or record + date / our question

The plan we heard today

What happens next / who arranges it / when

Medicine instructions to confirm · When to call or seek urgent help · Contact number

Still unanswered / how we'll follow up

This sheet is a conversation aid, not medical advice.

veritellcare.com/resources/appointment-prep/