

# Alpha Health Alliance

## Appointment Preparation & Advocacy Worksheet

*Helping you feel prepared, clear, and confident before you walk into the room.*

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### Before the Appointment

1. What are my top three concerns today?

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2. What symptoms have changed or worsened?

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3. What questions must be answered before I leave?

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4. What outcome am I hoping for?

- Clarity
  - Testing
  - Medication adjustment
  - Referral
  - Documentation
  - Other: \_\_\_\_\_
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### During the Appointment

Provider Name: \_\_\_\_\_

Date: \_\_\_\_\_

Key points discussed:

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**Tests ordered / referrals made:**

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**Medications discussed or adjusted:**

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## **After the Appointment**

**What did I understand clearly?**

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**What still feels unclear?**

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**Next steps I need to take:**

- Schedule test
- Pick up medication
- Contact insurance
- Request records
- Follow up with provider
- Other: \_\_\_\_\_

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## **A Gentle Reminder**

It's okay to:

- Ask questions
- Request clarification
- Take notes
- Bring support
- Advocate respectfully

Preparation is not confrontation — it's clarity.

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**Alpha Health Alliance**

[www.alphahealthalliance.org](http://www.alphahealthalliance.org)

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