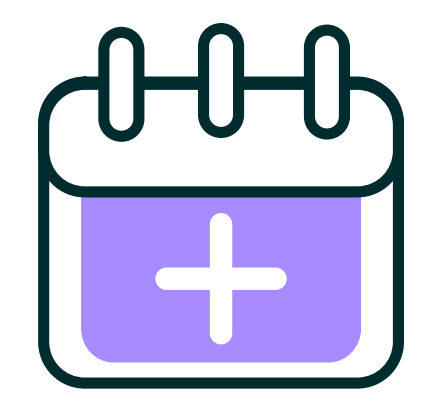


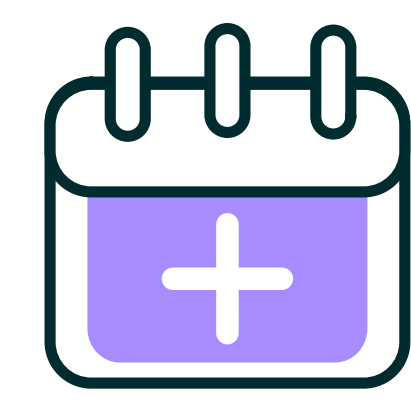
Prepare for Your Loved One's Appointment

Use this worksheet to help you make the most out of your doctor's visits and ask the questions that are important to you.



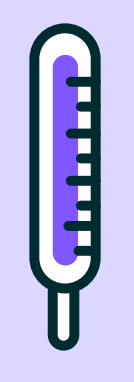
Their last appointment: _____

Doctor/Specialist: _____



Their next appointment: _____

Doctor/Specialist: _____



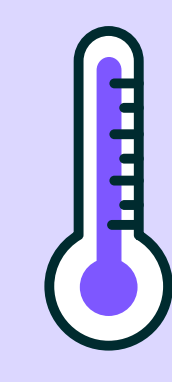
Has your loved one experienced any new or worsening symptoms in the past 3-6 months?

If yes, list them here:



What solutions did you, your loved one, and their care team review?

If you and your loved one use PicnicHealth, head to their Timeline to see lab results, scans, and doctor's notes to help you both review what was discussed.



Have your loved one's symptoms progressed or improved?



Have you noticed any patterns?



Have you and your loved one made any significant lifestyle changes (dietary modifications, exercise routines) that you'd like to discuss with their doctor?



Do you have any updates from other providers they have seen recently to discuss with this doctor/specialist?

Based on the notes you've made above, what questions or discussion points do you have for your loved one's care team?



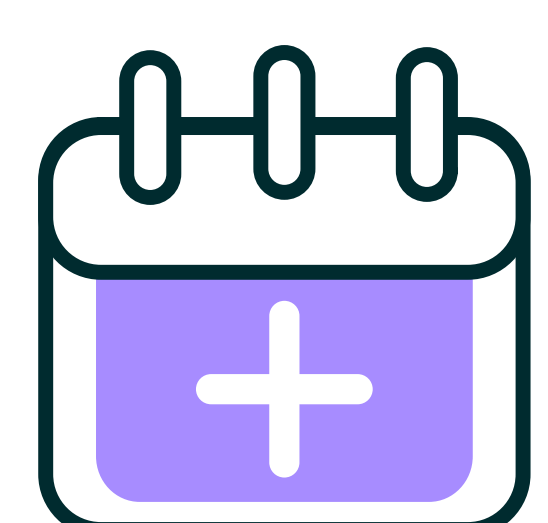
Question: _____

Answer: _____



Question: _____

Answer: _____



After your appointment

- Schedule any follow-up appointments or set a reminder to do so when convenient
- Add any quick notes below that you might have forgotten to jot down while talking to your loved one's doctor

PicnicHealth users, don't forget to log this visit in the app to get your loved one's account updated as quickly as possible!



Notes: _____

Have more questions?

Print out this page if you have additional questions for your loved one's care team, or just need more space for notes!



Question: _____

Answer: _____



Question: _____

Answer: _____



Question: _____

Answer:



Question:

Answer:



Notes: _____