



The 5-Minute Healthcare *Visit Checklist.*

Use this before your visit so the important things do not get lost once the appointment starts.

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BEFORE YOUR VISIT

- ☐ What is the main reason for today's visit?
Write it down in one sentence.
- ☐ When did it start? What has changed? What makes it better or worse?
- ☐ Bring or have access to any recent results, records or home readings that may be helpful.

MEDICATIONS

- ☐ Have a current list of your prescriptions, over-the-counter medicines, vitamins and supplements, including doses.
- ☐ Make note of anything you have stopped, started, need refilled or think may be causing a side effect.

YOUR QUESTIONS

- ☐ Write down your top three questions. Put the one you most want answered first.
- ☐ If there is something you have been putting off asking, add it now.

BEFORE THE VISIT ENDS

- ☐ Make sure you understand what the clinician thinks is going on and what happens next.
- ☐ Confirm any medication changes, tests, referrals or follow-up, including when they should happen.
- ☐ Ask what symptoms or changes should make you seek care sooner.

ONE LAST CHECK

- ☐ Repeat the plan back in your own words: "Just to make sure I have this right..."
- ☐ Know your next step before the visit ends.

The main thing I need help with: _____

The question I do not want to forget: _____

My next step after this visit: _____

Keep a copy and use it again for your next appointment.

Want the complete system?

The Smart Patient Blueprint™ System takes this checklist further, with the full preparation framework, the communication method, and a telehealth-specific guide.

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For general education only. This checklist does not replace medical advice or emergency care. If you believe you are having a medical emergency, call 911 or go to the nearest emergency department.

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