



## MY APPOINTMENT – PRIMARY CARE

Accessing affirming health care can sometimes be challenging and overwhelming. It may be helpful to prepare for self-advocacy ahead of time, or to bring an advocate with you to reduce stress, provide a sounding board, and keep track of important information from your provider.

Why I am Seeking a Healthcare Appointment:

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Any Current Symptoms if Relevant (including intensity, onset, and duration):

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Questions for My Provider:

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Current Medications I'm Taking, and Doses:

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Diagnosis from My Provider:

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Tests Recommended by My Provider:

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Potential Treatment Options:

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Any Prescriptions and What They Are For:

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Follow Up Plan:

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Electronic Medical Record Access and Provider Contact Info:

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