Prefering for an HCP Visit

Your relationship with your healthcare professional is important during your recovery. Working together, you can discover medicines and treatments that best match what you need on your recovery journey.

Go through this worksheet by yourself or with a member of your treatment team to prepare for your next appointment.

Think About What Is Important to You

What is important to me in my life? What are my goals?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

How can medications or supportive treatments, such as talking to a family member or eating a healthy diet, help me get or keep these things?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Do medications or supportive treatments ever get in the way of things in my life? If so, how?

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________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
Think About What You Want to Discuss

Let your healthcare professional know about changes in symptoms, mood, or behaviors you may be experiencing or any questions or concerns you may have.

I want to discuss

____________________________________________________

____________________________________________________

____________________________________________________

____________________________________________________

How I’ve been feeling since my last appointment:

Better   Same   Worse

Explain ____________________________________________

____________________________________________________

New or recurring symptoms I am experiencing:

____________________________________________________

____________________________________________________

____________________________________________________

____________________________________________________

____________________________________________________

Think about:

What is working for me

____________________________________________________

What is not working for me

____________________________________________________

What I’d like to consider changing

____________________________________________________

Getting support:

Whom do I want to bring to my appointment?

____________________________________________________

____________________________________________________

____________________________________________________

How can they help me?

Example: take me to appointment, take notes

____________________________________________________

____________________________________________________

____________________________________________________

____________________________________________________
Sample Questions for the HCP

Going to your appointment with a list of questions you can ask or hand to your healthcare professional can help make the most of the limited time you may have with them. These questions can help you begin conversations about issues that may be important to you and your recovery, such as your overall wellness, medications, and supportive treatments.

Check or write in questions you may want to ask and bring the list to your appointment.

About My Overall Wellness:

- What can I do to help improve my overall health?
- How often should I see my healthcare professional?
- How much exercise should I do?
- What tests should I have regularly?
- Other

- What are some ways I can begin to eat healthier?
- How can I better manage my stress?
- What can I do to quit smoking?
- What are other ways I can stay healthy?
- Other

About My Mental Health Medications:

- How can medication help me reach my goals?
- Are there different ways to take my medication, such as pills or long-acting injections?
- Are there medication options with less-frequent dosing schedules?
- Other

- How do I know if the dosage should be changed or the medication should be stopped?
- What are the side effects?
- How long will it take to start working?
- Other

About Supportive Treatments:

- What kinds of treatments/services are available?
- What can I do to get supportive housing?
- What is psychotherapy and how can it help me?
- Other

- How can supportive treatments help me achieve my goals?
- Can you tell me more about peer support?
- What can a case manager do to support my recovery journey?
- Other