

# Preparing for an HCP Visit

Worksheet

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?

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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?

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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

Worksheet

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

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## How I've been feeling since my last appointment:

Better     Same     Worse

Explain \_\_\_\_\_

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## New or recurring symptoms I am experiencing:

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## Think about:

What is working for me

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What is not working for me

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What I'd like to consider changing

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## Getting support:

Whom do I want to bring to my appointment?

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## How can they help me?

**Example:** take me to appointment, take notes

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# Sample Questions for the HCP

Worksheet

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:

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|---|---|
| <input type="checkbox"/> What can I do to help improve my overall health?   | <input type="checkbox"/> What are some ways I can begin to eat healthier? |
| <input type="checkbox"/> How often should I see my healthcare professional? | <input type="checkbox"/> How can I better manage my stress?               |
| <input type="checkbox"/> How much exercise should I do?                     | <input type="checkbox"/> What can I do to quit smoking?                   |
| <input type="checkbox"/> What tests should I have regularly?                | <input type="checkbox"/> What are other ways I can stay healthy?          |
| <input type="checkbox"/> Other<br>_____                                     | <input type="checkbox"/> Other<br>_____                                   |

## About My Mental Health Medications:

- |   |   |
|---|---|
| <input type="checkbox"/> How can medication help me reach my goals?   | <input type="checkbox"/> How do I know if the dosage should be changed or the medication should be stopped? |
| <input type="checkbox"/> Are there different ways to take my medication, such as pills or long-acting injections? | <input type="checkbox"/> What are the side effects?   |
| <input type="checkbox"/> Are there medication options with less-frequent dosing schedules?                        | <input type="checkbox"/> How long will it take to start working?  |
| <input type="checkbox"/> Other<br>_____   | <input type="checkbox"/> Other<br>_____   |

## About Supportive Treatments:

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|---|---|
| <input type="checkbox"/> What kinds of treatments/services are available? | <input type="checkbox"/> How can supportive treatments help me achieve my goals?    |
| <input type="checkbox"/> What can I do to get supportive housing?         | <input type="checkbox"/> Can you tell me more about peer support?                   |
| <input type="checkbox"/> What is psychotherapy and how can it help me?    | <input type="checkbox"/> What can a case manager do to support my recovery journey? |
| <input type="checkbox"/> Other<br>_____                                   | <input type="checkbox"/> Other<br>_____   |