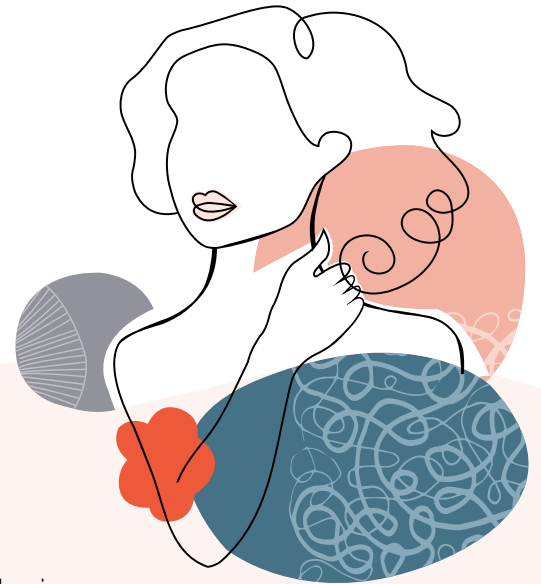


APPOINTMENT DISCUSSION GUIDE

Create more effective conversations—and enhanced relationships—with your healthcare provider.



MAKE THE MOST OF EVERY APPOINTMENT

Having effective and productive visits with your healthcare provider is possible by following a few of the suggestions below:¹

1 PREPARE IN ADVANCE

Make a list of your questions and things to discuss; plus, note what medicines and supplements you're taking so you can tell your healthcare provider.

2 PRIORITIZE

Make sure you ask about your main concern first, in case time runs short.

3 CONSIDER BACKUP

Bring a friend or relative with you to take notes and help you remember the details.

4 TELL THE TRUTH

Your healthcare provider needs to know the full details of your life as it relates to your condition.

5 ASK QUESTIONS

You need to understand what your healthcare provider tells you and what you need to do next; don't be shy about asking questions to verify your understanding.

6 KEEP IN TOUCH

Between visits, follow up with questions and provide feedback on how you're doing. Utilize email, texts, or online portals—whatever is available.

7 STICK WITH THE TREATMENT PLAN

Follow your healthcare provider's advice on health measures. Most importantly, take your medications as prescribed and directed, as hypothyroidism treatment requires consistency.

Notes:

It may be helpful to print out a copy of this discussion guide and bring it to the next visit with your healthcare provider. Prepare and plan to have an effective conversation—you can do it!



EMPOWER YOURSELF AND TAKE CONTROL OF YOUR WELLNESS JOURNEY.

For more information and resources to help you partner with your healthcare provider, please visit [SimplyHypothyroidism.com](https://www.simplyhypothyroidism.com)

Reference: 1. National Institutes of Health. How to Prepare for a Doctor's Appointment. Accessed October 10, 2020. <https://www.nia.nih.gov/health/how-prepare-doctors-appointment>