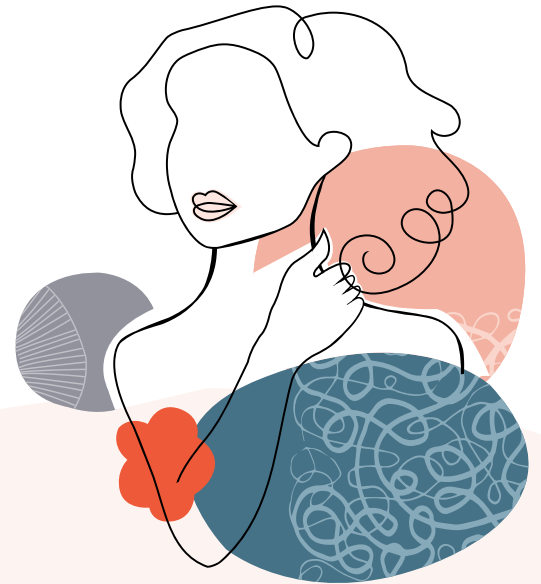


BETTER RELATIONSHIP DISCUSSION GUIDE

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



BUILD A BETTER RELATIONSHIP

Healthcare practitioners are all knowledgeable in specific areas. It is important that your practitioner has experience and knowledge regarding thyroid health.

1 IDENTIFYING A THYROID HEALTHCARE PROVIDER THAT'S RIGHT FOR YOU IS POSSIBLE BY LOOKING FOR CHARACTERISTICS INCLUDING:¹

- Willingness to prescribe treatment options besides T4 replacement therapies, such as NDT replacement therapy, T3, and T4 and T3 combination therapies
- Focus on treatment directed at optimizing health versus simply returning TSH to “normal” ranges
- Willingness to test the various factors associated with thyroid health via testing options like Free T4, Free T3, Reverse T3, thyroid antibodies, and sex hormone binding globulin (SHBG)
- Responsiveness to patient symptoms or complaints and consideration of symptoms such as low energy, headaches, weight fluctuations, mental haziness, and other thyroid-related discomforts
- Awareness of the significant impact of thyroid malfunction, which can disrupt the adrenals, sex hormones, iron and ferritin levels and induce food sensitivities, inflammation, leaky gut, and other conditions
- Receptiveness to research and studies you have found on your own

Notes:

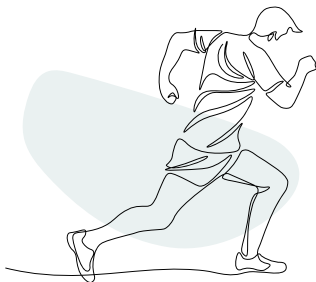
2 OTHER TIPS AND CONSIDERATIONS INCLUDE:²

- **Ask around**
Connect with others—friends, family, and fellow patients—for recommendations, including online reviews.
- **Map it out**
It's helpful to find a healthcare provider conveniently located near your area.
- **Make sure you've got coverage**
Once you've identified potential candidates, check whether they work with your health plan.
- **Place a cold call**
Call the potential healthcare provider's office for a first impression of the practice.
- **Consider scheduling an in-person appointment**
Ask for a quick in-person conversation before making an appointment—while not all healthcare providers can accommodate such a request, it doesn't hurt to ask.
- **Trust your gut**
Do you feel at ease with the healthcare provider? Do you have enough time to ask questions—and were all your questions answered? Did they explain things in a way that you understood?

Notes:

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 about addressing the emotional impact of hypothyroidism in your life.



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.SimpleHypothyroidism.com)

References: **1.** National Academy of Hypothyroidism and Integrative Sciences. The Endless Search: Finding the Right Thyroid Doctor. Accessed October 10, 2020. <https://www.nahypothyroidism.org/the-endless-search-finding-the-right-thyroid-doctor/> **2.** United Healthcare. 10 Tips for Choosing a Primary Care Doctor. Accessed October 10, 2020. <https://newsroom.uhc.com/health/engagement/primary-care-doctor.html>