



## Results of the Appointment: Routine Health Exams

If you have an appointment for a routine check-up or health examination, you should know the following information before you leave:

<p>1. What was the result of the exam? Were any problems identified?</p>	
<p>2. If laboratory or other tests were done, when and how will I get the results?</p> <p>Will I also receive an interpretation of the results – in other words, how will I know if they are normal?</p>	
<p>3. Are their screening or diagnostic tests that should be scheduled?</p> <p>If so, when or how often?</p>	
<p>4. What recommendations does the health care provider have for helping me maintain or improve my health or prevent disease?</p>	



## Results of the Appointment: Specific Health Concerns

If you have an appointment to discuss a specific health concern or question, you should know the following information before you leave. (Note: some of this information depends on what stage you are at in the process.)

1. How will a diagnosis be made?	
• If more tests need to be done, when will they be done?	
• What information will they provide?	
• How do I need to prepare for the tests or procedures?	
• What are the risks?	
• What will actually be done? (ask for details about the test or procedure.)	
• Will the cost be covered by my insurance?	
• Are there risks to not having the tests or diagnostic procedures done?	

2. What is the diagnosis?	
• Please write the diagnosis down for me and explain it so that I understand what it means.	

3. What are my treatment options?				
Option	Risks	Benefits	Research Evidence	Comments

4. What can I do to better manage this health condition?

5. Where can I find additional information on this health condition?