

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:

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



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?