

## 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?	
<ul style="list-style-type: none"> <li>• If more tests need to be done, when will they be done?</li> </ul>	
<ul style="list-style-type: none"> <li>• What information will they provide?</li> </ul>	
<ul style="list-style-type: none"> <li>• How do I need to prepare for the tests or procedures?</li> </ul>	
<ul style="list-style-type: none"> <li>• What are the risks?</li> </ul>	
<ul style="list-style-type: none"> <li>• What will actually be done? (ask for details about the test or procedure.)</li> </ul>	
<ul style="list-style-type: none"> <li>• Will the cost be covered by my insurance?</li> </ul>	
<ul style="list-style-type: none"> <li>• Are there risks to not having the tests or diagnostic procedures done?</li> </ul>	

2. What is the diagnosis?	
<ul style="list-style-type: none"> <li>• Please write the diagnosis down for me and explain it so that I understand what it means.</li> </ul>	

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?

