

Your CHATGPT Guide

10 POWERFUL QUESTIONS

ChatGPT Cheat Sheet:



Created with love by The Zebra Network

1. Can you summarize these lab results in plain English?

☞ Especially helpful for understanding CBCs, metabolic panels, or hormone tests.

2. Based on these symptoms and labs, what patterns do you see?

☞ Helps spot connections you might want to ask your doctor about.

3. What are some possible causes of [specific symptom] based on this information?

☞ Great for brainstorming before specialist visits.

4. Can you help me create a timeline of my symptoms, labs, and treatments?

☞ Perfect for second opinions and new provider consultations.

5. What are the important questions I should ask my doctor based on these results?

☞ Prepares you to get the most out of appointments.

6. Can you correlate these symptoms to my past medical history?

☞ Perfect for getting to the root cause.

7. Could any of my medications be causing or worsening these symptoms?

👉 Very useful when you're on multiple prescriptions.

8. Are there any red flags I should discuss urgently with my healthcare provider?

👉 Helps prioritize what needs attention fast.

9. What follow-up tests or referrals might be appropriate given this information?

👉 Gives you ideas to discuss with your team (NOT a replacement for professional advice!)

10. Can you compare these two lab results and tell me what changed?

👉 Perfect for tracking progress over time or after starting a new medication.

Bonus Tip:

When in doubt, ask ChatGPT to explain things in small "bites"

👉 Simple, clear answers = better understanding, better advocacy.

Using ChatGPT to help with your medical information doesn't mean replacing your doctor; it means **becoming your own best advocate.**

You deserve to understand what's happening inside your body. You deserve to walk into appointments prepared, confident, and informed.

AI is just another tool, but in the right hands, *your hands* it can turn fear and confusion into **power, clarity, and hope.**

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