

Medical Appointment Checklist

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Step 1: Gather Documentation

- Visit summaries
- Test results (blood work, imaging, etc.)
- Treatment or medication history
- Family history

Step 2: Provide Context

- Reason for the appointment
- Current symptoms or concerns
- Conditions (EDS, POTS, etc.)
- Relevant lifestyle factors

Step 3: Review & Analyze

- Look for patterns or trends
- Note any red flags to discuss
- Prepare a brief history of the issue
- Bring any key questions to ask

Step 4: Summarize the Outcome

- List the main takeaways
- Note any follow-up steps
- Outline provider instructions

