

Universal Medical Appointment Checklist



Buid Your Medical Timeline, One Visit at a Time

Created with love by Catt @ The Zebra Network



BEFORE YOUR APPOINTMENT

Know Your Why

- What is the appointment?
- What do you hope to get this? (e.g. new symptom, ly top. second opini,

Organize ▼ Your Records

- Create a folder just for this provider or condition
- Add suyt@iiee summarys related to this issue
- Relevant family history allergies
- If applicable, include a quick chart or summary of key info-for ast review

Use ChatGP to Help Prep

- Ask: For a printed or digital visit summialiy
- Bring a printed copy of your summary. timeline, or rest results
- Flash drive or access to your digital folder
- Notebook or Notes app open for jotting things down
- Optional. Bring a support person If you're nervous

★ AFTER YIUR APPOINTMENT

Document Everything

- Ask for a printed or digital visit summary
- Write down anything you remen- that wasn't included
- Upload new records into your imeline lo folder
- Use ChatGP to summarize virt, update your timeline, or translate notes



DURING YOUR APPOINTMENT

Bring a Plan + a Backup

- Printed copy of your summary, timeline, or test results
- Flash drive or access to your digital folder
- Notebook or Notes app open for jotting things down
- Optional. bring a support pe- rson if you're necvos

REMEMBER:

Your fimeline is more than just a tool. It's your story, your protection, and your proot.

You deserve to walk into appointments prepared, empowered, and informed.

And you're never doing it àlone.

You've got your mind. You've got this guide And if you need it - you've got ChatGPT too,