



IT'S OKAY TO ASK

Herefordshire and
Worcestershire
Integrated Care System

Date:

Making the most of your appointment

Before your appointment it might be helpful to think about the following questions. Please bring this document with you to your appointment.

- What is my main concern at the moment?
- What else is important in my life right now?
- What do I want to achieve from my appointment?
- What do my friends and/or family think about my health and wellbeing at the moment?

My notes

Other reminders

- Please bring a list of your current medications with you. Or write them in the box below.
- Do you have specific needs which mean that you would prefer someone to come to your appointment with you? If so, who would you bring? *Please note that there may currently be restrictions on this as a result of the Covid-19 pandemic.*

My notes

Many appointments are now being carried out over the telephone or online. If you have any specific needs that mean it will be difficult for you to participate in the type of appointment that you have been offered, please speak to your individual service.

At your appointment it might be helpful to fill out this table with your healthcare professional.

My Options include...	The Benefits Why is this option good for me?	The Risks What is not so good about this option for me?
1.		
2.		
3.		

What did I choose to do today and why?

You might also want to ask?

- What should I expect to happen next?
- How quickly should I expect to see an improvement?
- Who should I contact if I have questions after I leave today?
- Is there anything that I can do to help myself?
- Where can I go to get more information? Is there a leaflet? Or a support group?
- What lifestyle changes could I make to improve my overall health and wellbeing?

My notes

Remember you can always ask the healthcare professional to explain things differently, explain things again, or to write down information for you.