

MY HEALTHCARE APPOINTMENT HANDBOOK

Additional pages

This resource was developed to provide you with additional pages to the My Healthcare Appointment Handbook.

The My Healthcare Appointment Handbook was developed to support people living in larger bodies to get the most out of their appointments. However, we hope that everyone will find this resource useful. It is up to you how and when you use the handbook - you can pick and choose the sections that you would like to complete.



Planning your appointment



Who will you be seeing?

Health professional's name:	
Location:	
Contact number:	
Appointment date and time:	

RECALL

What went well during your last appointment?

What could have been better?

PREPARE

What specific areas of your health do you want to discuss at your next appointment?

What questions do you need answered?

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-
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Is your weight a consideration or priority for you to discuss at the appointment? If so, what are your boundaries and expectations around this?

CHECK IN WITH YOUR PROVIDER

If you feel comfortable to do so, you (or a person you trust) might wish to contact the clinic about whether they provide items that are suitable and comfortable for all bodies (e.g., scales, blood pressure monitors, waiting room chairs).

List any items that are important to you below:

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-
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GETTING THE MOST OUT OF YOUR APPOINTMENT

You might wish to use the table below to list out any medications or supplements that you are currently taking:

What	Quantity	When	Who
<ul style="list-style-type: none">• Medication• Supplement	<ul style="list-style-type: none">• Dosage• Frequency	<ul style="list-style-type: none">• Days• Times	<ul style="list-style-type: none">• Prescribing doctor

You also might wish to use the table below to list out any therapies or treatments that you are currently receiving:

What	Quantity	When	Who
<ul style="list-style-type: none">• Therapy• Treatment	<ul style="list-style-type: none">• Frequency	<ul style="list-style-type: none">• Days / dates• Times	<ul style="list-style-type: none">• Name of health professional

You might also wish to consider:

- booking a longer appointment
- letting the health professional know if there are multiple topics to discuss
- bringing up the most important thing first
- bringing a trusted person to the appointment
- booking a follow-up appointment.

During your appointment



ASKING QUESTIONS

Before you decide to get a test, treatment or procedure, you may wish to ask some follow-up questions to make sure the course of action is right for you.

Choosing Wisely Australia® have put together five questions which you might like to use to guide your discussion during your appointment:

- 1) Do I really need this test, treatment, or procedure?
 - 2) Are there simpler, safer options?
 - 3) What are the risks?
 - 4) What happens if I don't do anything?
 - 5) What are the costs?
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APPOINTMENT NOTES

Use the space below to record information from your appointment. You might want to note down any recommended treatments, follow-up tests, referrals, and any reasoning behind each of these.

More space for
note-taking is
available on
the next page.

APPOINTMENT NOTES

Use the space below to record any additional information from your appointment.



After your appointment



REFLECT

You might like to take some time to reflect on how you felt during your appointment.

What went well?

What could have been better?

**It might be helpful to reflect on what was talked about during your appointment.
Were all your questions and/or concerns addressed?**

Are you comfortable with the decision/s that were made during your appointment?

For feedback and support options, see pages 10 and 11 of the full 'My Healthcare Appointment Handbook', which is available via [The WELL Collaborative](#) website.



The My Healthcare Appointment Handbook was created by:

THE WELL 
COLLABORATIVE



Government of **Western Australia**
Department of Health



HEALTH CONSUMERS'
COUNCIL



WA Primary
Health Alliance
Better health, together

phn
PERTH NORTH, PERTH SOUTH,
COUNTRY WA
An Australian Government initiative

We empower people living in larger bodies to make progress on their terms.

To find out more about The WELL Collaborative, visit thewellcollaborative.org.au.

Acknowledgments:

The WELL Collaborative would like to acknowledge that this resource was developed with valued input from people with lived experience.