

# SMART CHECKLIST

## SYMPTOMS

Tell your doctor what's currently wrong... why you are here. Is this a new symptom, when did it start, what home remedies have you tried?

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## MEDICAL/MEDICATION HISTORY

Provide medical information about your past. Be prepared to discuss your current medications and over the counter (OTC) medicines or supplements that you take (Ibuprofen, vitamins, etc...) with your doctor.

## ASSESSMENT

Describe what you think is going on. Express your feelings and your concerns.

## REVIEW

After your doctor diagnoses your condition, **ask if it could be something else.** Make sure you understand what is causing your symptoms. In your own words describe the diagnosis back to your doctor. Talk about things that might keep you from following your treatment plan.

## TO DO

It's a good idea to ask questions. By the end of your visit you should be able to answer the ASK ME 3™ questions:

- What is my main problem?
- What do I need to do about it?
- Why is it important for me to do this?

# SMART SCRIPT

## SYMPTOMS

"I'm concerned about..."

"Symptoms I've been having..."

## MEDICAL/MEDICATION HISTORY

"Some of my medical history that might be important includes (a close family member had cancer). To help me remember I have a list of my current medications and supplements.

## ASSESSMENT

"I'm worried I might have \_\_\_ and I have tried..."

After your doctor diagnoses your condition, ask questions and verify next steps.

## REVIEW

"Could you tell me what else it could be or if more than one thing is going on?"

## TO DO

"Just to make sure I haven't missed anything:

- My main problem is?
- I need to .....
- It is important for me to do this because.."

# SMART PARTNERS GUIDE



# TO YOUR HEALTH

## BEFORE YOUR VISIT THINK ABOUT...

**What you want to talk about during your visit.**

- What symptoms are you having?
  - How long have you had them?
  - Do they go away?
  - Have you tried any home treatments if so, what?
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**Consider inviting someone to go with you.**

- Who can help you to answer questions and give your doctor information
- If visiting the Emergency Department
- If attending an appointment that may be stressful

**Write down your questions or some words that will help you remind you.**

- What concerns do you have about your symptoms?
- What concerns are most important to you?

**Be prepared.**

- Be prepared to go over your medications, vitamins and supplements.
- Make sure you mention any changes that you have made.

## DURING YOUR VISIT...

**Confirm with your doctor why you are there.**

**Your symptoms.**

- When did your symptoms start?
- Do they go away?
- Where are they located?
- How do they affect your daily activities?

**Share what home remedies you have tried.**

- Did they help or make your symptoms worse?

**Share your worries about your symptoms.**

**Share what you think might be going on.**

## YOUR DIAGNOSIS CONSIDER ASKING THE DOCTOR:

- What else could it be?
- Do all my symptoms match your diagnosis?
- **Could there be more than one thing going on?**

## AT THE END OF YOUR VISIT...

**Make sure you understand what you need to do next.**

- Repeat your treatment plan and the information you received from your doctor.
- If you don't understand ask your doctor to explain any words or ideas that are confusing.
- Talk about things that you feel might keep you from following the treatment plan.
- Talk about other treatment plans or options.
- You should be able to answer the Ask Me 3™ questions:
  - What is my main problem?
  - What do I need to do about it?
  - Why is it important for me to do this?

**Be sure to ask for your After Visit Summary.**

