



YOUR NEXT VISIT: SUMMARY CHECKLIST

Empowering You in Your
Healthcare Journey

BUILD YOUR ENTOURAGE

- Bring a friend or family member to take notes and act as an “extra set of ears”.



REQUEST DIRECTNESS

- Ask your provider to “not sugarcoat” your risk factors for complications.



DEMAND PRESENCE

- Ensure your provider makes eye contact and steps away from the computer while you are sharing your observations.



VERIFY ROLES

- Clarify who on your care team is responsible for managing specific symptoms, such as neuropathy or vision changes.

