

## Provide the Be Prepared Note Sheet to a patient

Please use this note sheet to write down what you want to talk about with [clinician] today. You can write down your concerns, your questions, and your health goals.

When you finish filling out the note sheet, just hand it to [clinician] when [he/she] comes into the exam room. [Clinician] will use what you write to make sure to discuss your questions and concerns.

## Help a patient think about what to write on a Be Prepared Note Sheet

Use the note sheet to organize your thoughts. What do you want to make sure you talk about today? Do you have any questions about your medicine or your tests or your treatment? If so, you could write those down. Do you have any health goals you want to work toward? Maybe you want to sleep better or quit smoking or better control your [condition].

If you don't have anything to ask or tell your doctor, that's okay. But maybe you can take a few minutes to think about it while you wait.

## Help a patient fill out a Be Prepared Note Sheet

I'll just jot down your thoughts while you talk.