Appointment With: Dr. [Doctor Name] Appointment: [Date]

**Reason for Visit: New Patient Appointment**

**Issues to discuss at today’s appointment:**

We may not be able to address all these issues today but it may give you a scope of what I’m concerned about and decide on a care plan accordingly)

* Focus for appointment
  + I’m here today to discuss:
* Current Issues
  + Describe symptoms/issue:

* + Describe how this is affecting your life:

* Relevant Medical History
  + Current diagnoses that may affect this problem:
  + Previous injuries/procedures that are relevant:
  + Family history that is relevant:
* Current Treatments
  + This is what I’ve tried so far to make this better:

**My anxieties about seeing new providers:**

* **Anxiety 1**  – describe what you are worried about and what might help.
* **Anxiety 2**  – describe what you are worried about and what might help.
* **Anxiety 3**  – describe what you are worried about and what might help.
* **Anxiety 4**  – describe what you are worried about and what might help.
* **Anxiety 5**  – describe what you are worried about and what might help.

**Overview:**

Below is a recap on my life since our last appointment. These are things that I think will help you understand me as a whole person so you can provide better care.

**Coordination of Care: (when I saw the doctor last, what we discussed, when I will see them again)**

* Primary Care Doctor:
* Therapist:
* Specialist 1:
* Specialist 2:
* Specialist 3:
* Specialist 4:
* Specialist 5:
* Specialist 6:

**Good Things List:**

The “Good Things List” consists of positive things that have happened – things that keep me going by giving me a sense of purpose and/or accomplishment. This is why we are we’re working hard to keep me healthy. **(write about hobbies, family, things you’re proud of, and anything you think is important about your life)**

* Thing 1
* Thing 2
* Thing 3
* Thing 4
* Thing 5

[Upload a picture of something that helps the doctor see a little of who you are]

**Difficulties List:**

The “Difficulties List” consists of issues that are arising in my life that should be acknowledged as they might become obstacles to care

* Thing 1
* Thing 2
* Thing 3

**Additional notes**

Anything else that might help a doctor understand you, what is important to you, or that he should know about your health