

Doctor Visit Preparation Worksheet

Educational Disclaimer: This handout is for education and awareness only. It is not medical advice, diagnosis, treatment recommendation, legal advice, or insurance advice. Always consult a licensed healthcare professional regarding medical concerns, medications, hormone therapy, lab testing, or treatment decisions.

Appointment Goal

Use this worksheet to organize symptoms, questions, treatment concerns, and insurance issues before speaking with a licensed healthcare provider.

My Top Symptoms

■ What symptoms are affecting daily life most?

■ When did they start?

■ What makes them better or worse?

Notes:

Questions About Evaluation

■ Could these symptoms be related to perimenopause or menopause?

■ Are there other conditions that should be ruled out?

■ What labs or screenings are appropriate for my situation?

Notes:

Questions About Treatment

■ Am I a candidate for hormone therapy?

■ What FDA-approved options may fit my symptoms?

■ What are the benefits and risks for my health history?

■ Are non-hormonal options available?

Notes:

Questions About Coverage

■ Is this treatment usually covered by my insurance?

■ Will prior authorization be required?

■ If denied, what documentation can support an appeal?

■ Are lower-cost covered alternatives available?

Notes: