

My Visit Plan: Reflection, After-Visit Steps, and Telehealth Checklist

From: Preparing Questions for Your Appointment (Sample) · After the visit, video visits, and your own plan · by Elena Novak (Sample)

Use this page to reflect on what matters to you, and to keep track of what happens after a visit, whether in person or by video.

What matters to me

What matters most to me about my health right now:

Something I want to keep doing or get back to:

What helps me speak up:

My go-to questions

- ☐ What is my main problem?
- ☐ What do I need to do?
- ☐ Why is it important for me to do this?
- ☐ What are the benefits, risks, and alternatives? What if I do nothing?
- ☐ How and when will I get my test results?
- ☐ What's the best way to reach you with questions?

After the visit

What to do	Due date	Done?

Results I'm waiting for

Test	How I'll get the result	Expected by	Received / questions

Telehealth checklist

- ☐ Appointment on my calendar
- ☐ Tested sound and video
- ☐ Device charged
- ☐ Best internet connection available
- ☐ Quiet, well-lit space
- ☐ Device on a stable surface, head and shoulders in frame
- ☐ Question list and medicine list nearby
- ☐ Phone number to call if video drops

My one small next step

This week I will:

Sample worksheet for general education. Telehealth tips adapted from the National Institute on Aging; Ask Me 3 from the Institute for Healthcare Improvement; BRAN from Choosing Wisely UK. Call 911 for emergencies; call or text 988 for crisis support.