

ClearCare Insights

Medical Appointment Worksheet

1. Appointment Details

Date:

Time:

Location / Clinic:

Provider Name:

Type of Appointment:

Follow-up • New concern • Specialist visit • Test results

2. Reason for Today's Visit

What symptoms, concerns, or questions brought you here today?

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3. Symptoms & Changes Since Last Visit

New symptoms:

Changes in existing symptoms:

What makes symptoms better or worse:

Patterns you've noticed:

4. Medications & Treatments

Current medications (name, dose, frequency):

Missed doses:

Side effects to report:

Supplements / OTC meds:

5. Questions to Ask the Provider

(List the questions you want answered today.)

- 1.
 - 2.
 - 3.
 - 4.
 - 5.
 - 6.
 - 7.
 - 8.
 - 9.
 - 10.
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6. Information You Need Today

Check all that apply:

- Diagnosis explanation
- Test results
- Next steps in care
- Treatment options
- Medication instructions
- Lifestyle recommendations

- Warning signs to watch for
 - Follow-up schedule
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7. Notes During the Appointment

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8. After the Appointment

Next appointment date:

Tests ordered:

Referrals needed:

Medications changed or added:

Self-care instructions:

9. Who to Contact With Questions

Clinic phone number:

After-hours contact:

Pharmacy:
