

Preparing for Your Appointment

Bringing a few key details to your first appointment can help your clinician better understand your concerns and recommend appropriate next steps.

- ☐ Your top three goals for care
- ☐ A list of medications and supplements with side effects
- ☐ A rough timeline of symptoms and triggers
- ☐ Honest information about substance use
- ☐ Names of supportive people who may share input, with consent
- ☐ Insurance information and cost questions