

MELISSA PEARSON COACHING | CONSULTING

Take the Wheel of Your Health

Stop guessing. Get answers.
Start feeling like yourself again.

**THE APPOINTMENT
CHECKLIST**

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The Appointment Checklist

Print this. Fill it out before every appointment. Bring it with you, because the moment you feel rushed or dismissed is the moment you forget everything you planned to say.

Quick note: This checklist shares my personal approach and is not medical advice. Your healthcare provider makes clinical decisions with you.

BEFORE the appointment

☐ Write your top three concerns, in order. (If you only get to one, it's the first one.)

1. _____

2. _____

3. _____

☐ Write the ONE question you refuse to leave without answering:

☐ Note your symptoms. Start by writing things down even if all you've got is "tired all the time." That absolutely belongs on the page. Then add specifics as you notice them: how often, since when, what makes it better, what makes it worse. That's how "tired all the time" becomes "exhausted by 2pm daily for four months, regardless of sleep," and specifics like that get taken seriously.

☐ List your current medications and supplements, with doses.

☐ Bring your lab discussion list (from the Lab Discussion Guide, or what you built with the AI prompts), with the ones that match your symptoms marked.

☐ If you're asking about a supplement: print its information sheet to bring along.

☐ If this is a follow-up: bring your previous results.

DURING the appointment

- ☐ Open with your framing. Word for word if you like:
"I'm really serious about improving my health. I need to know where things actually stand so I know where to focus. I'd like to talk about getting a baseline set of labs. I have done some research based on how I am feeling and here is what I would like to get a baseline for."
- ☐ State your top concern first, not your smallest one. (We warm up with the easy stuff and run out of time for the real stuff. Reverse it.)
- ☐ Take notes if you can. You may not remember it all. Also remember you are always allowed to have someone accompany you to your appointment.
- ☐ If something isn't clear: *"Can you explain that in plain language for me?"* That is always an allowed question.

If you feel dismissed or get resistance, use these, in order, warmly:

- ☐ "Can you help me understand why it wouldn't be appropriate to check this, given my symptoms?" (a genuine question, and sometimes the answer is a good one)
- ☐ "Is there another way you'd recommend investigating these symptoms?" (this one often opens a better door than the one you knocked on)
- ☐ "What would need to change for this test to make sense later?" (now you have a marker to come back to, instead of a dead end)
- ☐ "Okay. Could you note in my chart that I requested this test and it was declined?" (calm, polite, and it changes the energy of the conversation more often than you'd believe, because it makes the decision a documented one. Save this one for when the others haven't landed.)

The Supplement Conversation:

"I've been reading about this supplement as a more natural way of supporting [what it's for]. I'm really trying to improve my health and I'd like to take a more natural approach where it's safe and I am able to. Given my medications and my situation, is this something I could try?"

Before you leave the appointment:

- ☐ Ask your ONE question if it hasn't been answered yet.
- ☐ "Can I get a copy of my results when they're in?" (They're yours. The answer should always be yes.) NOTE: for blood work, you should be able to get your results online in most areas.
- ☐ Confirm next steps out loud: what's being ordered, what happens next, when to follow up.

AFTER the appointment

- ☐ Get your copies when they are available. Save them somewhere permanent.
- ☐ Log your numbers: date, test, result, reference range in a way that works for you (a note on your phone, notepad, file on the computer, etc). You're building your body's file.
- ☐ Turn your results into questions for the next conversation (the AI Prompts Pack has a prompt for exactly this). Not using AI? Sit down with your results beside the Lab Discussion Guide and write down every question that comes up... anything out of range, anything sitting near the edge of a range, and anything that doesn't match how you actually feel. Those questions go straight into your Tracker so they're ready for your next appointment.
- ☐ Remember: normal doesn't always mean optimal. If a result is "fine" but doesn't match how you feel, that's a follow-up conversation to have, not a dead end.
- ☐ If you were dismissed and your gut says there's more: a second opinion is normal, allowed, and sometimes the whole turning point. A closed door has never meant there are no other doors.
- ☐ If you haven't already, book the re-test or follow-up before you forget.

Baseline | Focus | Support your body | Measure again | Follow up
That's the loop.

Remember: You know your body best. You're allowed to get answers and feel your best!