

MELISSA PEARSON COACHING | CONSULTING

Take the Wheel of Your Health

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

**THE AI PROMPTS
PACK**

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The AI Prompts Pack

The exact way I used AI to get answers about my health, turned into copy-paste prompts you can use today. And if AI isn't your thing, that's completely fine: the Lab Discussion Guide at the back of your main guide covers you with no technology required.

Two rules before anything else:

Rule One: AI prepares you for the conversation with your doctor. It never replaces it.

Nothing an AI tells you is a diagnosis, cure or a treatment decision. It's preparation, so you walk in informed and walk out with answers.

Rule Two: protect your privacy.

Don't put your name, date of birth, address, health card or medical record numbers, your doctor's name, or uploaded documents containing any of that into an AI tool. Keep your name and identifying details out of it, and your symptoms, medications, and results on their own can't point back to you. That's what keeps you protected. You can also review the privacy settings and terms before you use it, but the biggest protection is simply leaving your identifying information out.

One more habit worth copying from me: fact-check what AI tells you against reputable sources like the Mayo Clinic or other reputable websites before you rely on it. AI can misunderstand you, miss context, or state something wrong. It can make mistakes. Use it to organize your thinking and your questions, not to decide what you have or what to do about it.

Never used ChatGPT? Start here!

1. Go to chatgpt.com in any browser (or download the ChatGPT app). Create a free account with your email.
2. You'll see a message box at the bottom of the screen that you can type into. That's it. That's the whole interface. You type into it, it answers, and you can reply back and forth like a conversation.

One thing to note is that the better and more specific you prompt it, the better results you will get in return from it.

3. Copy any of the prompts below, paste it into the box, fill in your details where you see [brackets], and press enter.

4. Don't worry about asking perfectly. You can always say "explain that more simply" or "can you say more about the second one?" or "I don't understand what you are saying." It keeps the whole conversation in memory as you go.

The Prompts

1. The one that started everything for me: your personalized lab discussion list

Here are my current medical conditions: [list them]. Here are my current symptoms and things I'm struggling with: [describe them honestly, with how long they've been going on]. Here is what I'm trying to improve: [energy, weight, hormones, sleep, mood, etc.]. Based on all of this, what lab tests would be appropriate for me to look into and discuss with my doctor or health professional? For each one, explain in plain language what it checks and why it might be relevant to my situation. Organize it so I can bring it to an appointment as a discussion list.

2. Turn your history into a one-page brief for your doctor

Help me create a clear one-page summary I can bring to a doctor's appointment. Here is my situation: [conditions, medications and doses, supplements, key symptoms with timelines, what I've already tried]. Organize it into: current concerns (top three, most important first), symptom timeline, current medications and supplements, and questions I want answered. Keep it factual and easy for a doctor to scan in one minute.

3. Build your question list for a specific appointment

I have a doctor's appointment about [the concern]. My situation: [brief details]. Help me build a short list of the smartest questions to ask, ordered by importance, including any questions about testing that would make sense to raise. Keep it to what can realistically be covered in a short appointment.

4. Understand your lab results (and what to ask about them)

Here are my recent lab results with the reference ranges: [paste or upload them and leave out any identifying details]. Explain in plain language what each result means. Flag anything that's out of range, and anything technically in range but close to the edges or possibly a factor in my situation. Then give me a list of questions worth asking my doctor about these results. Do not diagnose me; help me understand and prepare.

5. The "normal but I still feel awful" prompt

My lab results came back normal, but I still have these symptoms: [describe]. What are some possibilities worth discussing with my doctor about what else could be looked into, including tests that aren't part of a standard panel? Frame everything as questions I can ask, not conclusions.

6. Prepare for a supplement conversation

I'm interested in [supplement] as a more natural way of supporting [the goal]. I take these medications: [list]. Help me prepare for a conversation with my doctor about whether it's appropriate for me: what it's generally used for, what questions to ask about interactions with my medications, and what monitoring might make sense. Do not tell me whether to take it; prepare me to ask my doctor properly.

7. Prepare for a second opinion

I saw a doctor about [concern] and was told [what they said]. It doesn't sit right with me because [your reason, including anything you've observed in your own body]. Help me prepare for a second-opinion appointment: how to present my history and my observations clearly and credibly, and what questions to ask so I get a genuinely fresh look rather than a repeat.

8. Decode the jargon

My doctor said or wrote this: "[the phrase]". Explain what it means in plain language, and tell me what a reasonable follow-up question would be.

9. Build your tracking system

Help me create a simple system for tracking my labs over time. I want to record: date, test, result, reference range, and any symptoms or changes around that time. Create a simple table template I can keep in my [notes app or wherever/however you wish to keep it] that I can update after every test.

10. Understand how your body works (my favourite habit)

Explain to me in plain, friendly language how [the thyroid / insulin / estrogen / iron / whatever you're curious about] actually works in the body, what symptoms show up when it's off, and what factors in daily life affect it. I want to genuinely understand my own body, not just memorize a number.

11. Before you believe the internet

I keep seeing claims on social media that [the claim, for example: everyone's cortisol is dysregulated]. Give me a balanced, evidence-informed view: what's true, what's exaggerated, and what a person would actually need to test or ask their doctor to know whether it applies to them.

(This prompt is how you avoid the bandwagon. I almost bought the cortisol story once. My labs said otherwise. Again test, don't guess.)

12. Get ready for resistance

I'm going to ask my doctor about [test or approach] and I'm worried about being dismissed. Help me practice: give me a respectful, confident way to make the request, likely pushback I might hear, and calm ways to respond that keep the conversation collaborative.

Not using AI? You're fully covered.

The Lab Discussion Guide in your main guide lists the common tests, what they check, and which symptoms they relate to. Mark the ones that fit and bring the list. No AI required.

I do recommend giving AI a try here, even if it's brand new to you. Used the way this pack teaches, it becomes one of the most helpful tools in your whole toolbox for understanding your body and walking into appointments prepared. Just remember what I said at the top... AI can get things wrong, so fact-check what it tells you against reputable sources like the Mayo Clinic before you rely on it. Do that, and it's a genuinely powerful tool. And again, if AI truly isn't for you, the Lab Discussion Guide has you completely covered.