SMART CHECKLIST

SYMPTOMS
Tell your doctor what’s currently wrong... why you are here. Is this a new symptom, when did it start, what home remedies have you tried?

MEDICAL/MEDICATION HISTORY
Provide medical information about your past. Be prepared to discuss your current medications and over the counter (OTC) medicines or supplements that you take (Ibuprofen, vitamins, etc...) with your doctor.

ASSESSMENT
Describe what you think is going on. Express your feelings and your concerns.

REVIEW
After your doctor diagnoses your condition, ask questions and verify next steps.

TO DO
It’s a good idea to ask questions. By the end of your visit you should be able to answer the ASK ME 3”™ questions:
- What is my main problem?
- What do I need to do about it?
- Why is it important for me to do this?

SMART SCRIPT

SYMPTOMS
“I’m concerned about...”

“Symptoms I’ve been having...”

MEDICAL/MEDICATION HISTORY
“Some of my medical history that might be important includes (a close family member had cancer). To help me remember I have a list of my current medications and supplements.

ASSESSMENT
“I’m worried I might have___and I have tried...”

After your doctor diagnoses your condition, ask questions and verify next steps.

REVIEW
“Could you tell me what else it could be or if more than one thing is going on?”

TO DO
“Just to make sure I haven’t missed anything:
- My main problem is?
- I need to.....
- It is important for me to do this because..”

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BEFORE YOUR VISIT

THINK ABOUT...

What you want to talk about during your visit.

- What symptoms are you having?
- How long have you had them?
- Do they go away?
- Have you tried any home treatments if so, what?

___________________________________
___________________________________

Consider inviting someone to go with you.

- Who can help you to answer questions and give your doctor information
- If visiting the Emergency Department
- If attending an appointment that may be stressful

Write down your questions or some words that will help you remind you.

- What concerns do you have about your symptoms?
- What concerns are most important to you?

Be prepared.

- Be prepared to go over your medications, vitamins and supplements.
- Make sure you mention any changes that you have made.

DURING YOUR VISIT...

Confirm with your doctor why you are there.

Your symptoms.

- When did your symptoms start?
- Do they go away?
- Where are they located?
- How do they affect your daily activities?

Share what home remedies you have tried.

- Did they help or make your symptoms worse?

Share your worries about your symptoms.

Share what you think might be going on.

YOUR DIAGNOSIS

CONSIDER ASKING THE DOCTOR:

- What else could it be?
- Do all my symptoms match your diagnosis?
- Could there be more than one thing going on?

AT THE END OF YOUR VISIT...

Make sure you understand what you need to do next.

- Repeat your treatment plan and the information you received from your doctor.
- If you don’t understand ask your doctor to explain any words or ideas that are confusing.
- Talk about things that you feel might keep you from following the treatment plan.
- Talk about other treatment plans or options.

- You should be able to answer the Ask Me 3™ questions:
  - What is my main problem?
  - What do I need to do about it?
  - Why is it important for me to do this?

Be sure to ask for your After Visit Summary.