



What is a CEO?

A Chief Executive Officer (CEO) makes decisions to ensure success at a company. You make decisions for your body, so this means YOU are the CEO of your own health. Every move you make helps you reach your goals.

Get organized before your appointment

Know the reason for your visit

- Is your appointment an annual check-in?
- Is your appointment going to cover a specific topic?
- Is your appointment a follow-up or a referral to a specialist?

Check in with yourself – body, mind and heart

- Get comfortable and imagine your body from head to toe. Has everything been working well in the last couple weeks (any pain or discomfort, trouble sleeping or staying awake, how is your appetite and your energy?)
- Stop and think about your feelings. How is life right now? Is anything on your mind?

Set an expectation for your appointment

- What do you need fixed or made better?
- What do you want to understand about your health?
- What do you want your doctor to understand about you?



PRO-TIP: Use the notes section to capture your thoughts and take this to your appointment to help you remember.

Your team will see you now

Use your voice and speak up

- Remember your care team wants to hear from you. Start your appointment with what is on your mind. Any clues you can give your doctor or nurse will help them provide the best care
- The best way to start is by simply stating that you have some questions or information to share. Don't be afraid to dive in



PRO-TIP: Don't shy away from topics that might feel embarrassing. Your care team members are trained to answer these questions and can help you feel at ease. As you get older, it's OK to ask to speak with your doctor one-on-one.

Be curious

- During your appointment, you might hear new words or phrases and want to visit our CEO of your own health glossary to learn more
- You may also have checks or tests or want to know why your doctor or nurse does or says something – just ask
- Your doctor or nurse may suggest you see another doctor, take a new medicine or have a test outside their office, like an X-ray. It's OK to ask why

Understand what's next

- Your doctor will end the appointment by sharing next steps – things like scheduling a follow-up appointment or picking up a new prescription
- Make sure to take note of these directions and ask questions if anything is unclear



PRO-TIP: You're the expert on your body, but it sometimes takes some practice to show up as the CEO of your own health. If you are dealing with a more complex health issue, you might have an opinion regarding how your care is managed. Share your thoughts with your care team.

Leave your appointment in charge of your own health

Take charge, track changes

- Follow the next steps your doctor shared with you at your appointment
- Pay attention to your body. Stay aware of changes and track them