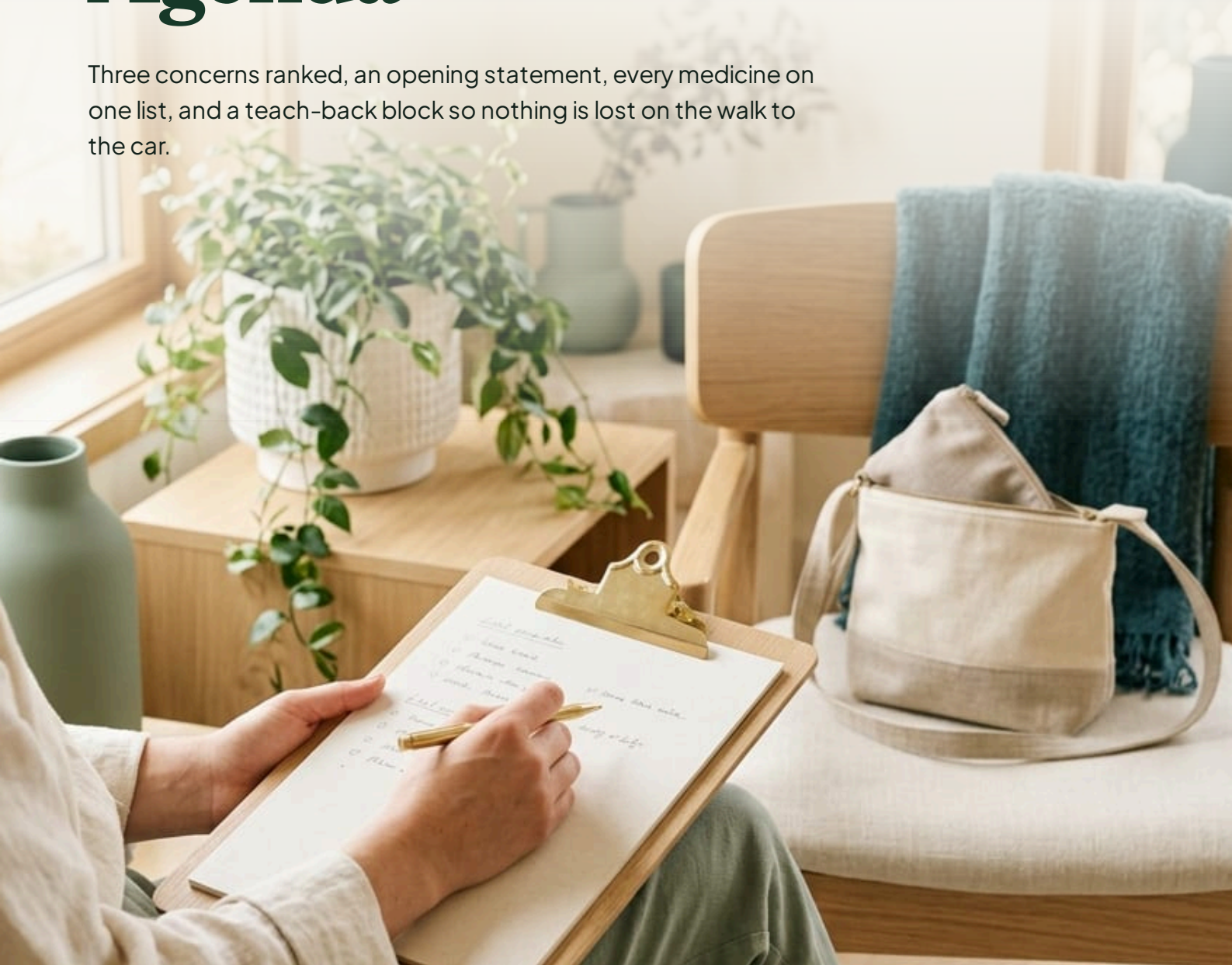


— FREE QUICK-START • APPOINTMENTS

The One-Page *Doctor Visit* Agenda

Three concerns ranked, an opening statement, every medicine on one list, and a teach-back block so nothing is lost on the walk to the car.



3

CONCERNS

30 s

OPENING

10

MEDICINES LISTED

5

TEACH-BACK CHECKS

APPOINTMENTS • FREE AGENDA

The One-Page *Doctor Visit* Agenda

One sheet that ranks your top three concerns, gives you a 30-second opening, puts every medicine and supplement on one list, and closes with a teach-back block, so nothing important is lost on the walk to the car.

3 CONCERNS ranked, most important first	30 s OPENING what, since when, what you want	1 LIST every medicine and supplement	5 CHECKS said back before you leave
--	---	---	--

How to use this agenda

THE NIGHT BEFORE

STEP 1 Fill it in the night before Not in the waiting room. Ranking concerns and writing the opening take quiet thought.	STEP 2 Rank to three More than three and none gets real time. Put the rest on the "next time" line, or book a longer appointment.	STEP 3 List every medicine Prescriptions, over-the-counter products and supplements, or bring the bottles.	STEP 4 Close with teach-back Before you stand up, say the plan back and tick each point the clinician confirms.
--	---	--	---

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Discover how L-glutamine supports gut health, heals leaky gut, and relieves IBS...

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Sixteen Minutes, Used Well

4 SOURCES

A primary-care visit lasts about sixteen minutes. Clinicians ask for the patient's full agenda in only about a third of visits, and a concern raised as you stand up gets the least time of all.

Name the agenda first. Saying "I have three things today" in the first thirty seconds lets the visit be planned around what matters to you. In one trial, asking for "something else" at the start cut unmet concerns by about three-quarters.

One true medication list. More than half of patients admitted to hospital have at least one unintended difference between what they take and what is recorded. Listing everything, including supplements and over-the-counter products, is the safety step you can bring.

Teach-back is the memory you take home. Much of what is said in a visit is forgotten within minutes. Saying the plan back in your own words, and writing it down, catches the gaps while the clinician is still in the room.

THE EVIDENCE BEHIND IT

OSPINA ET AL., J GEN INTERN MED 2019

The patient's agenda was asked for in 36% of recorded visits; patients spoke a median of 11 seconds before being redirected.

HERITAGE ET AL., J GEN INTERN MED 2007

Asking "Is there something else you want to address today?" reduced unmet concerns by about 78%.

CORNISH ET AL., ARCH INTERN MED 2005

54% of patients admitted to hospital had at least one unintended medication discrepancy.

KESSELS, J R SOC MED 2003

40% to 80% of medical information is forgotten immediately, and about half of what is remembered is wrong.

THIS SHEET PREPARES A CONVERSATION; IT DOES NOT REPLACE ONE

New severe symptoms, chest pain, signs of stroke or anything that feels like an emergency need a call to 911 or urgent care now, not a better-prepared appointment next month.

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Learn how to choose quality supplements with our evidence-based buyer's guide.

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My Visit Agenda

FILL IN • HAND OVER

CLINICIAN AND PLACE

DATE AND TIME

OPENING STATEMENT: WHAT, SINCE WHEN, WHAT IT IS DOING TO MY LIFE, WHAT I WANT FROM TODAY

#	CONCERN, MOST IMPORTANT FIRST	WHAT I WANT FROM TODAY
1		
2		
3		

WHAT I MOST WORRY IT IS

DONE LOOKS LIKE

NEXT TIME (CONCERNS THAT WAIT)

THREE QUESTIONS TO ASK

- 1What is the most likely explanation, and what else could it be?
- 2What should I watch for that means I should call you sooner?
- 3What exactly do I do now (dose, timing, how long), and when do we review it?

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FREE QUIZ
How Much Do You Know About Gut Health?
Test your knowledge of the gut microbiome, probiotics, and digestive wellness.
[Take the quiz →](#)

Every Medicine, One List

COUNTS ITSELF

#	MEDICINE OR SUPPLEMENT, AND STRENGTH	DOSE	WHEN	WHAT IT IS FOR
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

ALLERGIES, AND WHAT HAPPENED

WHAT TO BRING

☐ Every medicine, supplement and over-the-counter product, or a photo of each label

☐ Home readings since the last visit, as an average (blood pressure, glucose, weight)

☐ Recent results and letters from other clinicians, with dates

☐ Insurance card, photo ID, and allergies with what happened

☐ Glasses, hearing aids, a pen, or a companion to take notes

PACKED

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The Teach-Back Block

COUNTS ITSELF

Say: "I want to make sure I have this right. So..." and say each point in your own words. Tick it when the clinician confirms it.

POINT	IN MY OWN WORDS	CONFIRMED
What we think is going on		☐
What we are doing about it		☐
Medicines started, stopped or changed		☐
Tests ordered, and how I get the results		☐
When to come back, and the warning signs that mean sooner		☐

POINTS CONFIRMED

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Best Probiotic & Prebiotic Supplements (2026)

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From One Page to the Whole Visit

This agenda gets the visit started well. **The Medical Appointment Prep System** covers the rest: the story in date order, a medication sheet that is actually right, questions for every situation, and a worksheet and trackers so the plan survives the door.

A symptom timeline and 14-day diary
the story in date order, with the diary adding up days, severity and week 2 against week 1.

A full medication sheet and adherence audit
fourteen medicines, supplements and stopped products, and doses taken as a percentage.

Questions for every situation
new condition, new medicine, test, referral, surgery, wait-and-see, chronic review.

A post-visit worksheet and trackers
teach-back checks, actions, results and referrals that count themselves.

THIS FREE AGENDA

- ✓ A one-page agenda with three ranked concerns
- ✓ A ten-line medication list
- ✓ A five-point teach-back block

THE SYSTEM ADDS

- ✓ Symptom timeline and a 14-day diary that calculates
- ✓ Chronic review with home readings averaged
- ✓ Adherence audit and a risk-numbers calculator
- ✓ Post-visit worksheet, trackers and message templates

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FACT-CHECKED
Built on published agenda-setting, reconciliation and teach-back research.

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SEE THE APPOINTMENT PREP SYSTEM →

SOURCES • FACT-CHECKED BY THE HEALTH SECRETS EDITORIAL TEAM	
Ospina NS, et al. J Gen Intern Med 2019;34:36–40	Agenda elicited in 36% of visits; 11 seconds to interruption.
Heritage J, et al. J Gen Intern Med 2007;22:1429–33	"Something else" and unmet concerns.
Tai-Seale M, et al. Health Serv Res 2007;42:1871–94	Visit length and topics per visit.
Cornish PL, et al. Arch Intern Med 2005;165:424–9	Medication discrepancies at admission.
Kessels RPC. JR Soc Med 2003;96:219–22; AHRQ Teach-Back toolkit	Recall after visits; teach-back method.

NEXT VISIT

Rank three. *Say it back.*

01 • NIGHT BEFORE

Fill in the agenda, not in the waiting room.

02 • FIRST 30 S

Opening statement and the count of concerns.

03 • GO FURTHER

The system adds timelines, a diary and trackers.

Keep reading on healthsecrets.com

FREE • FACT-CHECKED GUIDES

MEDICINES

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Learn which supplements and medications should never be combined. Evidence-based guide to calcium-iron, zinc-...
healthsecrets.com/supplements/supplement-interactions-guide →

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healthsecrets.com/inflammation/inflammation-markers-testing →

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healthsecrets.com/immune-system/immune-system-testing-guide →

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