

HOW TO EFFECTIVELY COMMUNICATE WITH CLINICIANS



BEFORE YOUR VISIT

- Identify and select a physician that will match your specific medical needs.
- Develop a list of questions that address all areas of concern or any unfamiliarities you have with tests, treatment options, timing, and logistics about future visits with your physician.
- Review your insurance policy so that you fully understand what coverage is available when discussing treatment options with your physician.
- Prepare a detailed medical history to provide your physician with.

DURING YOUR VISIT

- Bring physical documentation of questions and medical history.
- Consider bringing a 3rd party along to your appointment. They may ask additional questions, retain information, and help you advocate for yourself and your treatment.
- Write down the answers to your questions and other valuable information your physician shares with you.

AFTER YOUR VISIT

- Assess your comfort level with the physician you met with and decide whether your experience was positive and if the relationship would be a good fit for your medical needs.
- Consider whether you would like a second opinion.

OVERVIEW

Fertility Within Reach has developed strategies and critical steps to help ensure you are equipped to advocate for yourself throughout the process of meeting with a fertility specialist.

QUESTIONS OR CONCERNS?

For more information, questions, or concerns, please visit fertilitywithinreach.org and/or contact *Fertility Within Reach* Founder and Executive Director, Davina Fankhauser at admin@fertilitywithinreach.org