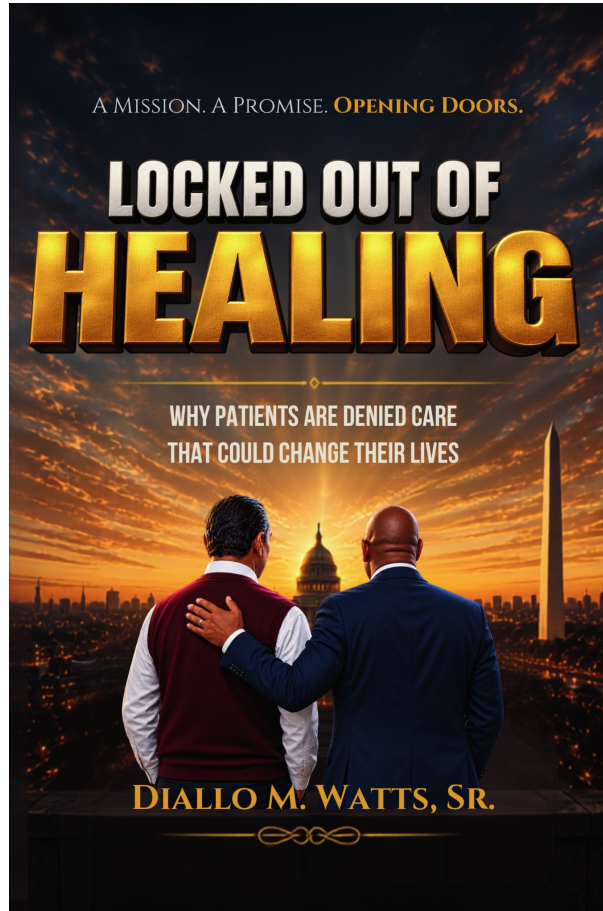


DON'T JUST READ IT. LET'S TALK ABOUT IT.

Locked Out of Healing

READER'S GUIDE



Questions. Reflections. Conversations.

A companion to Locked Out of Healing: Why Patients Are Denied Care That Could Change Their Lives

DIALLO M. WATTS, SR.

This guide is for the conversation after the page.

Locked Out of Healing began with my family's search for answers after my father was diagnosed with Alzheimer's. But the questions that came out of that experience are bigger than one family, one diagnosis, or one medical option.

This isn't a test, and there are no right answers here. Use these pages to mark what stops you, what makes you think, what makes you disagree, and what you want to ask next.

As you read, keep coming back to three questions:

- 1 What did I learn that I did not know before?
- 2 What question do I need to ask for myself or someone I love?
- 3 What door should be easier to open?

A note from Diallo

"I wrote the book to tell the story. I created this guide because I want to hear what the story brings up for you."

Write in it. Fold the corners. Bring it to a signing. Use it at the kitchen table. Most of all, let it help you ask better questions before you need the answers.

Questions worth asking sooner

A diagnosis can turn a family into researchers overnight. These prompts are not medical advice; they are conversation starters to help you organize what you want to understand and discuss with qualified healthcare professionals.

What exactly are we treating?

Write the diagnosis, the main symptoms or problems being addressed, and anything that is still uncertain.

What are all of the reasonable options?

What is considered standard care? Are there other established options we should understand? What are the expected benefits, limitations, and risks?

What questions are we not asking yet?

What do you wish someone had explained earlier? What terminology, test result, referral, or next step still feels unclear?

Finding the door is not the same as getting through it.

A treatment or service can exist and still be difficult to reach. Use this page to separate the medical question from the access question.

Where is this care actually available?

How far would we have to travel? Is there a waiting list? Is the care available where we already receive treatment, or somewhere entirely different?

What does coverage change?

What does insurance cover? What requires prior authorization? What might be out of pocket? Who can explain the decision if coverage is denied?

Who can help us navigate?

List the physician, nurse, case manager, patient advocate, insurer contact, family member, or other person who can help you understand the next step.

What stayed with you?

A moment I underlined

What passage, story, fact, or idea made you stop?

Something I see differently now

Did the book change how you think about healthcare access, advocacy, innovation, insurance, geography, or the role of family?

Something I am still wrestling with

What did you question, disagree with, or want to investigate further?

Bring your questions to the conversation.

If you're coming to a book signing, author conversation, podcast discussion, book club, church event, or just talking about the book with family and friends, use this page to capture what you want to discuss.

The question I most want to ask Diallo:

The conversation I want to have with someone I know:

One door I think healthcare should open more easily:

What will you do with what you learned?

Awareness matters most when it changes the next question, the next conversation, or the next decision. Choose one or two actions that fit your life.

- ☐ Ask a healthcare professional a question I have been putting off.
- ☐ Help a family member organize questions before an appointment.
- ☐ Learn how coverage or prior authorization works for a service that matters to me.
- ☐ Share the book or a conversation from it with someone who needs it.
- ☐ Attend an author conversation or book signing and bring my questions.
- ☐ Write down one access problem I think deserves a better solution.

My next step:



KEEP THE CONVERSATION GOING

Don't just read it. Let's talk about it.

Thank you for reading *Locked Out of Healing* and for taking the time to think beyond the last page. The goal was never simply to tell you what happened to my family. It was to help more families ask questions earlier, understand the barriers in front of them, and recognize that access is part of healthcare too.

Bring this guide with you. Bring your questions. Bring the parts you agreed with and the parts you did not. That is where the real conversation begins.

LockedOutOfHealing.com

Available now in paperback and Kindle on Amazon.

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A NOTE FROM DIALLO

Thank you for spending time with this story. I am grateful you chose to read it, think about it, and carry the conversation forward. Bring your questions with you. That is where the real conversation begins.

- Diallo

Finished the book? An honest Amazon review helps other readers discover *Locked Out of Healing*.