

# 10 Questions to Ask at Your Next Appointment

1. What can I expect this month?
2. How can I holistically improve this phase (supplements, acupuncture, etc.)?
3. What level of exercise is safe?
4. Is there any literature you recommend?
5. Can I expect any side effects in this stage?
6. What financial obligations do I have for this appointment?
7. In your professional opinion, am I in a good place with my treatment for the phase I am currently in?
8. When can I expect to see you next?
9. When can I expect to hear bloodwork/test results from today (if applicable)?
10. What is the best way to reach you with questions?

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