

THE 12 MINUTES

Turn what you've seen into what you say

For _____'s visit on _____

A doctor's visit is short. You've been watching. This page helps you fit one inside the other — so the important things get said. Fill it in the night before. Bring it. Hand it over if that's easier than saying it.

1 • THE CHANGES I'VE NOTICED

What's different — since the last visit, or just lately. Sleep, appetite, mood, memory, steadiness. One is enough.

2 • WHAT I'VE ALREADY TRIED

And what happened when I did. "Nothing yet" is a fine answer.

3 • THE ONE QUESTION I MOST NEED ANSWERED TODAY

If the visit ends early, this is the thing that can't wait.
Write the answer on the back.

4 • MEDICATIONS — NEW, STOPPED, OR WORRYING ME

The office usually has the prescription list. It doesn't know the vitamins, the over-the-counter things, or what you've seen the pills do.

5 • WHAT A TYPICAL DAY LOOKED LIKE BEFORE THE CHANGES IN #1

So you can show the difference.

*If something truly can't wait for the visit — call.
This page is for the appointment, not the emergency.*

— from Ariel, a CNA who's sat in the chair beside the bed too.

Metrics That Care · metricsthatcare.com

Print one for every visit. Copy it for anyone else who sits in the chair.