



# The First Meeting with Your Provider



This tool is intended to help you make the most out of your initial appointment with a healthcare provider, and to make it easier to discuss your feelings and emotions. The sections below contain questions you may be asked during the appointment, as well as questions you may wish to ask.

## Questions you may be asked about your health background:

What illnesses do you have or have you had in the past?

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Are there physical or mental illnesses that run in your family?

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What prescription and/or over-the-counter medications are you currently taking? Describe the dosages and times you take each.

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Do you use alcohol, tobacco or drugs? Describe how much and how often you use each.

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Are you allergic to any foods, medications or materials?

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Are you currently under the care of any other healthcare professionals?

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**Information to share about your current physical health:**

Describe any physical problems you may be having, such as feeling tired, having trouble sleeping, lacking energy, having unexplained aches and pains, experiencing changes in appetite, losing or gaining weight, experiencing sexual problems:

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**Information to share about your current emotional health:**

Describe any emotional problems you may be having, such as feelings of sadness, hopelessness, guilt, anger, moodiness or loss of interest in friends, families or favorite activities:

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Describe any problems you may be having concentrating, making decisions or remembering, or any delusions, hallucinations or thoughts or harming yourself:

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Describe any problems you may have withdrawing from people, abusing alcohol or drugs, missing work, school or other commitments or attempting to harm yourself in any way:

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Describe any recent changes in your life and/or any recent events or situations that have caused stress in your life.

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Note any other issues or concerns you wish to discuss with your healthcare provider:

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**Questions you may wish to ask your healthcare provider:**

**If medication is being prescribed:**

What is the brand name of this medication? What is its trade name?

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How much and how often will I take it? Is it to be taken at a particular time of day? With food?

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What do I do if I forget to take this medication?

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Is a generic version of this medicine available at a lower cost?

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Describe any side effects associated with taking this medication.

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How long does it usually take for this medication to have an effect?

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Write down any other questions you may wish to ask:

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**If psychotherapy is being prescribed:**

What type of therapy is being recommended? Why was this method chosen for me?

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How long does this type of therapy usually take to have an effect?

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Are you recommending a specific therapist? What are his/her qualifications?  
Why do you think this therapist will be able to help me?

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**For more information:**

- University of Michigan Depression Center
- 1-800-475-MICH or 734-936-4400
- <http://www.depressioncenter.org/toolkit>

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