

Your Name	*Dosage <i>To be completed before Dr's appointments or personal use</i>	*Repeat Yes
Dispenser <i>Maxima Women's Health</i>	*Document Type <i>Guideline Document</i>	Date Filled
Vol. 1. Version 1		<i>*Please note that the content of this document does not serve as direct treatment from Maxima Women's Health.</i> <i>Use at your own discretion.</i> <i>All rights are reserved.</i>
The Maxima Women's Health Companion Guide 		Pack & Quantity Six Pages, Avg Time to Complete is 7 - 10 min
		Before Your Appointment
		During Your Appointment
		After Your Appointment
		Your Personal Snapshot
Your Health, Your Voice		Signature of Dispenser
A practical guide to feeling confident before, during and after your healthcare appointments.		

Your Health Starts with Knowing Your Story

Every appointment is an opportunity to better understand your health.

Taking a few minutes to prepare beforehand can help you make the most of your consultation and ensure your concerns are heard.

Before Your Appointment

✧ Write down your symptoms.

✧ When did they start?

✧ How often do they happen?

✧ What makes them better or worse?

Quick Reminder

Your healthcare provider doesn't expect you to know what's causing your symptoms—that's their role.

Your role is simply to describe what you've experienced as honestly and accurately as possible.

✱ **Track your menstrual cycle (if relevant).**

List the dates and duration of your last 3 - 5 periods. Even the ones you might've missed a month.

Period Start	Period End	Duration	Cycle Length
Period Start	Period End	Duration	Cycle Length
Period Start	Period End	Duration	Cycle Length

✱ **List all medications and supplements you've taken in the last 3 month to now.**

✱ **Bring previous test results if you have them.**

Print them out or save the files somewhere easily accessible.

For your own referencing, write down the dates and time your test results were taken here:

Date	Time	Place
Date	Time	Place
Date	Time	Place

My Questions

✱ Write down any questions you'd like answered.

✱ Ask your healthcare provider these during or after your appointment

Be an Active Partner in Your Healthcare

Good healthcare is a conversation.

It's okay to ask questions, request clarification or ask your healthcare provider to explain something differently if you don't understand.

During Your Appointment

Helpful Questions to Ask

* What do you think could be causing my symptoms?

* Do I need any tests? If yes, when can they be scheduled?

Date	Time	Place
Date	Time	Place

* Are there different treatment options?

* What are the benefits and possible risks?

* What symptoms should prompt me to seek urgent care?

* What should I expect next?

* When should I come back?

Remember

- There are no silly questions
- It's okay to take notes.
- It's okay to ask someone to repeat information.
- It's okay to ask for more time before making a decision.
- It's also okay to browse our site for information you might need or tell us information you'd like to see in our resource library.
- Your concerns deserve to be heard.

My Appointment Notes

After Your Appointment

Keep the Self-Care Going

Understanding your health doesn't end when your appointment finishes. It continues well after.

It's normal to think of new questions once you've had time to process the information you've received.

- ☐ Read through your notes.
- ☐ Follow your treatment plan.
- ☐ Schedule any recommended tests.
- ☐ Book your follow-up appointment if needed.
- ☐ Monitor any changes in your symptoms.
- ☐ Write down new questions as they arise.

Check the boxes as you complete your steps.

Your Personal Health Snapshot

My Health Record

Current Medications

Medication Name	Start Date	Purpose
Medication Name	Start Date	Purpose
Medication Name	Start Date	Purpose
Medication Name	Start Date	Purpose
Medication Name	Start Date	Purpose
Medication Name	Start Date	Purpose

Allergies

My Last Health Check

General Health Check - Date / /

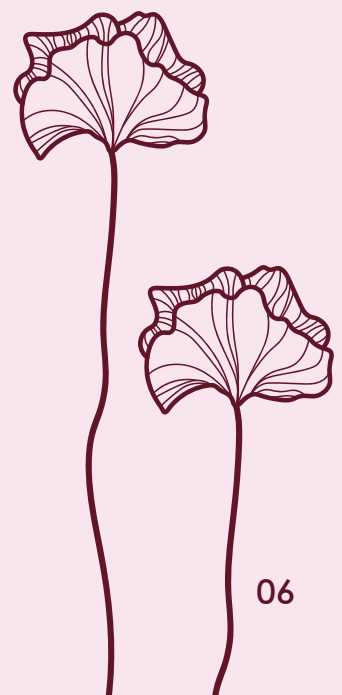
Cervical screening (Pap smear/HPV test) - Date / /

Breast examination - Date / /

Blood pressure check - Date / /

Blood tests - Date / /

Gynaecology appointment - Date / /



Symptoms I'd Like to Discuss

Continue Your Learning

Learning more about your health can help you feel more confident and prepared at future appointments.

The **Maxima Women's Health Resource Library** provides trusted, evidence-based articles that explain common women's health topics.

With a variety of topics, no matter what you're learning about, our resources are **designed to complement your healthcare**—not replace it.

Scan the code to visit our website



Your Voice Matters

You know your body better than anyone else.

Paying attention to changes, asking questions and seeking medical advice when something doesn't feel right - these are important parts of taking control of and looking after your health.



Providing The Standard Of Care Women Deserve

We're here to support, guide, and empower you every step of the way.

Whether you're looking for answers, or simply exploring your healthcare options, our team is ready to provide you with exceptional, compassionate care tailored to your needs.

Your Health, Our Priority — Connect With Us.

Request an appointment on our website today.

