

Medical Advocacy Checklist

A printable, faith-centered tool your learners can use before appointments or anytime they need to stand confidently in healthcare environments.

Before Your Appointment

- ☐ Research your condition, symptoms, and treatment options
- ☐ Write down your questions and concerns
- ☐ Bring health records or recent test results
- ☐ Invite a trusted friend or family member for support
- ☐ Pray for wisdom, clarity, and peace (James 1:5)

During Your Appointment

- ☐ Communicate openly about symptoms and history
- ☐ Ask your most important questions first
- ☐ Take notes or ask for a printed summary
- ☐ Don't hesitate to ask for clarification
- ☐ Remember: You deserve to be heard and understood

After Your Appointment

- ☐ Review your notes or summary
- ☐ Schedule follow-ups or tests promptly
- ☐ Ask for referrals or second opinions if needed
- ☐ Discuss findings with your support person
- ☐ Reflect and thank God for guidance and advocacy