

Your Health Clarity Roadmap

A clearer view of your health journey, your outstanding questions, and what to discuss next.

CLIENT Jane D. (fictional example)

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01 / Your health story at a glance

Jane reports an approximately 18-month history of persistent, unexplained symptoms. She has had primary care appointments and initial testing but remains unsure how her concerns fit together or what questions to bring to her next visit.

Primary goal: Present her complete symptom history clearly and leave her next appointment with a better understanding of the provider's assessment and follow-up recommendations.

02 / Symptoms reported by the client

- Persistent fatigue, especially in the afternoon
- Intermittent dizziness and headaches
- Episodes of abdominal discomfort
- Difficulty concentrating

These are client-reported symptoms, not clinical findings or diagnoses.

03 / Health journey timeline

APPROXIMATE TIMING	REPORTED EXPERIENCE
Month 1	Fatigue and headaches began.
Month 4	Primary care visit and initial bloodwork.
Month 9	Dizziness and digestive symptoms became more noticeable.
Month 18	Seeking support to organize symptoms and prepare for follow-up.

What is known, and what still needs clarity

04 / What has been explored so far

Based only on information and records Jane provided:

- She has had a primary care evaluation.
- Initial laboratory testing was completed and discussed with her provider.
- Not all symptoms have been discussed together in one appointment.
- She has not yet shared a consolidated symptom timeline with her healthcare team.

Questions to clarify: Which concerns were addressed at prior appointments? What did the testing evaluate? Which results, recommendations, or follow-up instructions are still unclear?

Important: This section does not establish that a condition has been ruled out or interpret lab results independently.

05 / Questions for the healthcare team

1. Could we review my entire symptom timeline together rather than discussing each symptom separately?
2. What did my prior testing evaluate, and what questions remain unanswered?
3. Would a specialist consultation or second opinion be appropriate to discuss?
4. What symptom changes would mean I should seek care sooner?
5. What details should I track between visits to make follow-up more useful?

06 / Care-navigation options to discuss

Depending on the clinician's assessment, Jane could ask about whether a specialist referral, second opinion, or an integrative/functional medicine consultation would be relevant to her situation. The goal is to understand her options and make informed decisions with appropriately licensed professionals.

The roadmap is intended to help the client communicate and advocate; it is not an independent diagnostic evaluation or medical plan.

Your next conversation, better prepared

07 / Practical next steps

01 Prepare for the PCP appointment

Bring a short Doctor Visit Prep Sheet summarizing top symptoms, key timeline points, and three priority questions.

02 Clarify previous evaluations

Ask the treating provider to explain the purpose and implications of prior assessments and tests.

03 Discuss possible care pathways

Ask whether follow-up evaluation, a specialist, a second opinion, or another appropriate healthcare resource may be useful.

04 Record the outcome

Write down the provider's recommendations, follow-up timing, and any questions still unresolved.

08 / Follow-up questions tracker

QUESTION / CONCERN	STATUS AFTER VISIT
What did the clinician explain about the prior tests?	
Was a referral or follow-up discussed?	
What remains unanswered?	

09 / How Clarity Care Companion can help

After Jane's next appointment, ongoing navigation support can help her organize what was discussed, update her symptom timeline, note which questions were answered, and prepare for the next discussion with her healthcare team.

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