

A PRACTICAL CHECKLIST

A Better *Health Conversation*

Five questions to help you organize your goals, understand your options, and know what to ask before choosing care.

O1 What am I hoping will change, and how will we assess progress?

Put your main goal into your own words. Ask what a meaningful, realistic change would look like and how you and your clinician would review it.

O2 What options should we discuss, including options that do not involve medication?

Ask why an option is being considered, what alternatives exist, and what choosing to wait would involve. You can arrive with questions without arriving with a treatment decision.

O3 What are the meaningful benefits, risks, and uncertainties?

Ask what the evidence can tell you, what it cannot, and which considerations matter for your circumstances. If testing is proposed, ask what the result would change.

You can use this checklist with a clinician of your choice. No enrollment in Reserve's services is required.

Costs. Follow-up.

Your next step.

What will this cost, including evaluation, follow-up, and any additional services?

04

Ask for the full cost: the initial evaluation, recurring fees, medication, testing, and shipping when applicable. Check what is included, what is separate, and what happens if care is not appropriate.

Who should I contact with questions, and when should the plan be reviewed?

05

Ask how follow-up works, how to raise a concern, and what happens if the plan needs to change. Before you leave, make sure you know the next step.

Before your conversation

Write down your top questions. Have your current medicines, supplements, and relevant health history ready for your clinician's appropriate intake process.

Keep personal medical details in your own notes or the designated clinical system. Do not submit them through a marketing form or ordinary marketing email.

About this guide

General education, not a diagnosis or treatment recommendation. Published by Reserve Longevity, which also offers clinical services. Clinical review is pending; no clinician endorsement is claimed.

Further reading

AHRQ: [The 10 Questions You Should Know](#) (November 2020)

[Be More Engaged in Your Healthcare](#) (November 2024)

Sources checked October 15, 2026. AHRQ does not endorse Reserve.

Make room for *your questions.*

Print this page and keep your notes offline. Bring it to your conversation with a clinician.

What matters most to me

Three questions I want to ask

1.

2.

3.

What I understand about the next step

Who to contact, and how
