

Be the Expert on You

For Those Who Have Served in the Military



You are an important part of the care team. Your healthcare provider wants to be sure that they can safely address your health needs, including those that are a result of your military service. Thank you for taking an active role in your health and thank you for your service.

Preparing for Your Visit

Your provider needs your help to make a safe diagnosis and care plan. Please answer these five questions before your visit.

1. Why are you here today?

- New problem
 Follow-up
 Medicine refill
 Something else

2. Has there been a change in how you are feeling since your last visit?

- No Yes

If yes, When did it start?

- Days Weeks Longer

How does it affect you?

3. Have you seen anyone else about your health?

- No Yes

If yes, whom did you see?

4. Do you have questions about...

- Medicines? Tests? Treatments?
 Something else?

5. What are you worried about?

During Your Visit

During the visit, your healthcare provider will discuss these important questions with you. Your responses will help them understand how they can support your health.

Screening Questions

- ? When did you **serve** in the military?
- _____

- ? What was your **occupation** in the military?
- _____

- ? Do you have any **illnesses** related to your military service?

- New Chronic

- ? Did you **experience** anything while serving that has impacted your health?

- Physical health Mental health

- ? Were you **exposed** to any toxins while serving in the Armed Forces?

- Open burn pits Airborne hazards
 Gulf War-related exposure Agent Orange
 Radiation Contaminated water at Camp Lejeune
 Other

- ? Since your transition from military to civilian life, have you had feelings of **not being valued or respected** by those around you or in your community?

- Yes No

Adapted from the AHRQ Toolkit for Engaging Patients To Improve Diagnostic Safety