

YOUR FIRST CONSULTATION CHECKLIST

A short list to help you get the most from your first appointment.

Before Your Appointment

- ☐ **If it is for the surgery pathway:** a current referral from your GP. You need one to book and to claim a Medicare rebate. If you do not have one yet, ask your GP or call our team.
- ☐ Your Medicare card.
- ☐ Your private health fund details and policy number, if you have cover.
- ☐ A list of your current medications and supplements, with doses.
- ☐ A list of your health conditions and any past surgery.
- ☐ Notes on what you have tried before to manage your weight: what, when, for how long, and what happened.
- ☐ Any recent test results or scans you have.
- ☐ A support person, if you would like one with you.

Questions You Might Like to Ask

Choose the ones that matter to you. There are no wrong questions.

- ☐ What are my options, and which may suit me or not suit me?
- ☐ What would each option involve in time, cost and follow-up?
- ☐ How does my health history affect which options are suitable?
- ☐ Which supports are included, such as a dietitian, exercise physiologist or psychologist?
- ☐ What are the risks, and how will my own risk be explained?
- ☐ What if the first option does not work, or I am not ready?
- ☐ What follow-up will I have, and for how long?
- ☐ Can I have an estimate of my out-of-pocket costs in writing?
- ☐ What can I do now, while I decide?

If You Are Attending by Telehealth

- ☐ A quiet, private space where you will not be interrupted.
- ☐ A device with a working camera and microphone, and a stable internet connection.
- ☐ Your documents to hand, so you can read from them during the call.

Your Own Questions and Notes

General information only. Your care plan is discussed and agreed with your doctor after your assessment.