

Thee Heavy Wait Wellness Collective

Advocacy. Education. Transformation.

For Your Next Appointment

A Self-Advocacy Letter Template

How to Use This Template

This letter was created to help you walk into your next medical appointment feeling prepared, heard, and in control of your care. Fill in the blanks before your visit, print it out or pull it up on your phone, and hand it to your provider — or simply use it as your personal script. You deserve a provider who listens. This letter helps make that happen.

— *With Love, Thee Advocate*

Date: _____

To: Dr./Provider _____

Practice/Clinic: _____

Hello, Dr. _____,

My name is _____

and I am here today to discuss _____.

I want to make the most of our time together, so I have prepared a few things I would like to address during this visit. I would like to focus on what I am here for and not be redirected away from my primary concerns today.

My Primary Focus

My top priority for this appointment is:

My Current Symptoms or Concerns

The symptoms or concerns I want to make sure we discuss today include:

1. _____

2. _____

3. _____

How long I have been experiencing these: _____

How they are affecting my daily life: _____

Questions I Need Answered

I have specific questions I need answered today. Please do not end our appointment until these have been addressed:

- _____
- _____
- _____

My Medications & Current Treatment

Current medications and dosages (attach list if needed):

Any concerns about my current medications or treatment plan:

What I Need From You Today

To support my care, I am requesting:

- A referral to: _____
- Lab work or testing for: _____
- A review of: _____
- A second opinion regarding: _____
- Other: _____

"I appreciate your time and partnership in my care. I am an active participant in my health journey, and I ask that my concerns today be documented in my chart. If something cannot be addressed in this visit, please provide clear next steps and a referral where appropriate. Thank you for seeing me — all of me."

Signature: _____ Date: _____

Patient Name (Printed): _____

Date of Birth: _____ Patient ID (if applicable): _____

Before You Go — Advocacy Reminders

You walked in prepared. Now make sure you walk out heard.

- You have the right to be heard. If you feel rushed, it is okay to say: "I want to make sure we address everything on my list today."
- You can ask your provider to repeat or clarify anything you do not understand. Always.
- If you disagree with a diagnosis or treatment plan, you are allowed to say so — and to ask for a second opinion.
- Bring a trusted person with you who can take notes or advocate alongside you.
- Request copies of all lab results, imaging, and visit summaries. These are yours by right.
- If your concerns are dismissed, document it. Write down what was said, by whom, and when.



You Are Your Best Advocate.

Thee Heavy Wait Wellness Collective was created to walk alongside kidney patients at every stage along their journey — offering coaching, education, and unwavering support.

This template is one of many resources we offer because we know the healthcare system does not always listen when we seek their help and guidance. This is just the beginning of learning to amplify your own voice.

Want personalized guidance for your next appointment?

Book a Discovery Call— it's free, it's yours, and it could change everything.

theheavywait.com