



FREE TOOL

Questions for Your Next Visit

A simple worksheet for organizing the questions you want to remember during a healthcare conversation.



Understand | Ask what matters | Leave with clearer next steps

Questions for Your Next Visit

Use the questions that fit your situation

These are conversation starters, not a required checklist. Choose only the questions that match what you are experiencing and what you want to understand.

Understanding what may be happening

- ☐ Could these changes be related to perimenopause?
- ☐ What other possible causes should we consider?
- ☐ Are any of my symptoms important to monitor more closely?

Evaluation and next steps

- ☐ Based on my symptoms and history, is any evaluation worth discussing?
- ☐ What would a test or evaluation actually change about the next step?
- ☐ Is there anything I should track before a follow-up?

Support and treatment conversations

- ☐ What options are worth discussing for the symptoms affecting me most?
- ☐ What benefits, risks, or tradeoffs should I understand?
- ☐ Are hormonal and non-hormonal options appropriate to discuss for my situation?

Questions for Your Next Visit

Choose the questions that matter most

You do not need to ask everything at once. Pick your top questions, then use the rest of the page to capture answers and follow-up instructions.

My top three questions

1

2

3

Answers or notes I want to remember

Before the visit ends

If it is useful, ask what to track, what the next step is, and when follow-up is appropriate.

Want a more personalized next step?

Take the free Vivlyn quiz for a personalized symptom result and free Clarity Kit.

Take the free quiz: join.meetvivlyn.com

The Vivlyn Brief

Clear, practical perimenopause guidance every other week. Visit join.meetvivlyn.com/brief/

Educational note

These prompts are for organizing questions, not for deciding which tests, medications, or treatments you need.

Clinical decisions should be made with a licensed healthcare professional who knows your history and current symptoms.