

Care Team Conversation Planner

For adults or caregivers who want to organize learning questions for an existing care-team conversation. Benefit: prioritize three questions, capture answers, and clarify an agreed next step.

How to use this planner

Before the conversation, write your top question and two follow-up questions. Bring the page with you. During the conversation, write the answers in your own words and ask whether you understood the next step correctly. Keep this completed file private.

Conversation date and care-team contact

What I want to understand better

Question 1 and the answer

Question 2 and the answer

Question 3 and the answer

Use the established care-team channel for personal health information. This planner does not assess symptoms or provide advice about treatment.

CARE-TEAM CONVERSATION PLANNER / CONVERSATION FOLLOW THROUGH

Record the agreed next step

Worked example

Illustrative preparation: "I read a food label but do not understand the difference between per-serving and per-package information. Who can help me apply this information within my existing care plan? Which resource should I use next? How should I contact the team with follow-up questions?" Leave the answers for the actual conversation.

The agreed next step in my own words

Who is responsible and when I will follow up

Where I will find the recommended learning resource

One question that still needs clarification

- ☐ I asked my most important question.
- ☐ I checked my understanding of the answer.
- ☐ I know whom to contact and how.
- ☐ I kept a private copy of my notes.

Optional next learning step

Repeat the free Seven-Day Everyday Learning Workbook to organize your next question, and use the Source Credibility Checklist before relying on a new article. Both are free at naturaldiabetesremedy.com/resources/. Neither replaces your care team.

Education note: General education for adults. Use this resource to organize learning and questions for your care team. It does not diagnose a condition, set food or glucose targets, or recommend treatment or medication changes. Keep your completed worksheets private; no purchase is needed.