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AI HEALTH CONVERSATION STARTERS

Use these as starting structures. Replace the brackets with your own information and ask AI to distinguish what is known, what is uncertain, and what you should verify.

Prepare for an appointment

- Here are the symptoms or changes I have noticed: [describe]. Help me organize them by timeline, frequency, severity, and impact so I can explain them clearly to my clinician.
- Here is my question list. Help me group the questions and identify the three most important ones to ask first.

Understand information you already have

- Explain this term or result in plain language, but do not diagnose me. What questions should I ask my clinician about it?
- Summarize these appointment notes into decisions made, follow-up items, and anything I should clarify.

Compare options

- Help me build a neutral comparison of the options my clinician discussed, including purpose, common benefits, common risks, practical tradeoffs, and questions to verify.

Check your own thinking

- What assumptions might I be making from this information? What would be important to verify before I act?
- What information is missing that would materially change the answer?