

Your Fertility Consultation Worksheet



Be Prepared

What questions do you have before your consultation?



Doctor's Note

What do you want to remember from your initial consultation?



Key Takeaways

What are your next steps after this meeting?

My Next Steps

How do I schedule follow-up appointments (i.e. testing, nutritional services, counseling)?

Do I need to request any medical records?

After meeting with your primary physician, you will also connect with your nurse, Patient Navigator, and Financial Coordinator. Do you have any questions for them?

At Illume, we believe that fertility care should address all aspects of your wellbeing. Our Integrated Fertility & Wellness program offers additional support for your journey. Please ask your Patient Navigator for more information or visit illumefertility.com/IFW to explore your options.

☐ **Traditional & laser acupuncture**

☐ **Mental health provider network**

☐ **Yoga for fertility**

☐ **Nutrition services**

☐ **Support groups**

☐ **Educational workshops**