

Doctor Visit — my plan

STEP 1



Find the place

Entrance, room and toilet



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STEP 2



Wait my way

Quiet space or call-in option



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STEP 3



Share information

Notes, pictures or speech



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STEP 4



What will happen?

Explain before each step



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STEP 5



Pause and process

Time to think or take a break



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STEP 6



Leave with a plan

Next steps written down



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