

Pre-Visit Questions



- **What characteristics am I looking for in a health and healing professional (e.g. race, ethnicity, gender, sexual identity, languages spoken) and why?**
- **Is it important that my identity/ies be reflected in my provider?**
- **Is the health questionnaire or history form inclusive of my identities and experience?**
- **Does the provider have experience working with Black folks who reflect my own sexual and gender identities?**
- **Does the provider have reliable access options (e.g. online scheduling, wheelchair access, available interpreters)?**
- **Do they take my insurance? Are there payment options?**
- **What symptoms am I experiencing that I want to focus on?**
- **Do I know my medical history (including past or current conditions and/or surgeries I have had)? Are there any illnesses in my family history?**
- **Do I have any allergies to medication? What medications or supplements am I taking?**
- **Is there anything I need until my appointment (medication, food, transportation, someone to talk to)?**
- **Who are the trusted members of my support system? Can someone come with me?**