

A reminder of why we keep a binder....



Checklist of New Work For Patients & Families

- Prepare for the consultation
- Watch educational videos/ research
- Bring questions; be ready for new ones
- Record and review the visit
- Review your medical record
- Communicate via portal and transmit user-generated data
- Self measure, self-monitor, self-manage
- Manage appointments, prescriptions and bills
- Keep family and important others informed
- Take care of significant other
- Advocate for self and others

Patients and families are asked to do this ‘New Work’ while we are sick. Without training. For no pay.

per Dr. Victor Montori, author of ‘Why We Revolt’