

Questions to ask when your results come in

Print this, fold it in your pocket, and bring it to the appointment. Write the answers down as you go — almost nobody remembers what was said afterward.

Before you go in — fill this out

Test or scan	e.g. CT chest, biopsy, CBC	
Date it was done	MM / DD / YYYY	
Who ordered it	clinician name	
Date results posted	to your portal	
Who is with me today	name / phone	

The one thing I most need answered today:

1. Understanding the result

☐ In one sentence, what does this result actually say?

☐ Is this result normal, borderline, or abnormal — and abnormal compared to what?

☐ What are the possible explanations, from most likely to least likely?

☐ Is there anything here that is urgent, or that changes what we do this week?

2. What it means for me

- ☐ Does this confirm a diagnosis, rule something out, or leave it open?

- ☐ If it is a diagnosis: what stage or severity, and how confident are you in that?

- ☐ What does this change about my day-to-day life right now?

3. What happens next

- ☐ What is the next test or step, when does it happen, and who schedules it?

- ☐ What are my treatment options, including doing nothing for now?

- ☐ How long can we safely wait before deciding?

- ☐ Would you recommend a second opinion, and where would you send a family member?

4. Watch-outs and logistics

☐ What symptoms mean I should call you — and what number do I call after hours?

☐ Who is my main point of contact from here on?

☐ What will this cost, and is there anything I should confirm with insurance first?

Notes

Cura Well Plan is a free, anonymous tool that turns a diagnosis or a lab result into plain language and the questions worth asking. Nothing you enter is saved. curawellplan.com