



FERTILITEASE

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Get Started Here!



FertiliteEase Checklist: Your First Fertility Appointment

• Before your appointment: Prep like a pro

- Check your insurance coverage for fertility benefits:
 - Cycle coverage ___ Yes ___ No (if yes, what type of cycle(s) and how many? _____)
 - Med coverage ___ Yes ___ No (if yes, is there a lifetime max? _____)
 - _____ and what's the preferred specialty pharmacy? _____)
- Gather complete medical history:
 - Menstrual cycle details: _____
 - Past pregnancy(s): _____
 - Surgeries: _____
 - Medications (include dosage): _____
 - _____
 - Partners health history (if applicable): _____
 - _____
 - Family reproductive history: _____
 - _____
 - Familial genetics (if known): _____
 - _____

***FertiliteEase tip: write it all down ahead of time!

- Gather and share any recent test results (the clinic will likely request records and these may take time to get):
 - Blood draws, pap smear, mammogram (if applicable), semen analysis, etc...
- Make a list of supplements / vitamins you're taking (include brand & dosage):
 - _____
 - _____
- Note your top 3 questions or concerns you want to remember to ask (if you're not sure, simply write down your fertility goals):
 - i. _____
 - ii. _____
 - iii. _____
- Meet or text with your FertiliteEase coach!





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• During your appointment: Advocate for you

- Ask what initial diagnostic tests they recommend and *why*
- Clarify what diagnoses they are exploring, given your history and goals
- Ask about the timeline and next steps
- Discuss recommended treatment options—including less invasive ones
- Inquire about success rates for your age & diagnosis
- Ask who you'll be communicating with between visits & how often you'll have regroupings with them
- Take notes or ask to record the visit (FertiliteEase tip: bring someone with you - it's a lot of information and 4 ears are better than 2!)

■ Notes: _____

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• After your appointment: Take control

- Schedule follow-up testing or procedures, if comfortable proceeding
 - What needs to be scheduled? _____

- Note any new terms or diagnoses you were given: _____

- Reflect on whether you felt heard and supported ___ Yes ___ No
- Ask yourself:
 - Do I feel like I understand the plan? ___ Yes ___ No
 - Am I ok with the recommended plan? ___ Yes ___ No
 - Am I comfortable with their communication style? ___ Yes ___ No
 - Do I need a second opinion? (it's OK to talk to more than one clinic)
 ___ Yes ___ No
- Schedule a session or text your FertiliteEase nurse to review your visit notes!

