

My Goto Dr. Now™

Recovery Roadmap Checklist

Patient Advocacy Support Services

Website: www.mygotodrnnow.com

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Phone: (827) 327-0468

Member Name	_____	Date	_____
Hospital / Facility	_____	Advocate	_____
Primary Physician	_____	Next Follow-Up	_____

Recovery Goals

- Recovery goals established with my healthcare team.
- Daily activity plan reviewed.
- Physical limitations understood.
- Nutrition and hydration plan reviewed.

Medication & Treatment

- Medications taken as prescribed.
- Side effects monitored.
- Therapy sessions scheduled.
- Home care instructions understood.

Monitoring Progress

- Symptoms improving.
- Vital signs monitored (if applicable).
- New or worsening symptoms documented.
- Provider notified of concerns.

Follow-Up Care

- Follow-up appointments confirmed.
- Laboratory or imaging completed (if ordered).
- Questions prepared for next appointment.
- Medical records organized.

Recovery Journal

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Advocate Notes

Action Items

Next Appointment Questions

Patient Signature _____

Advocate Signature _____

Date _____

Date _____

Emergency Notice: Call 911 immediately for life-threatening emergencies. My Goto Dr. Now provides patient advocacy support and is not an emergency medical provider.