

# Before the appointment checklist

## This is a checklist of the steps needed to book an appointment with a General Practitioner (GP).

On the checklist tick the column/s next to each step to show –

- what you can do (Me column),
- where you need a support person
- or where a step isn't needed.

It's OK if you don't need some of these steps. It's OK if you need to add different steps.

Read more about what a support person is and times when a support person may be helpful in the [support person resource](#).

Steps	Me	Support Person	Not Needed
Booking the appointment:			
<ul style="list-style-type: none"> <li>• Decide whether to see your regular GP, or if you need to find a new GP. You may decide to see a new GP about your mental health.</li> </ul>			
<ul style="list-style-type: none"> <li>• Find out the cost of the appointment and decide whether you can afford it. If you can't afford the cost, ask whether the clinic can bulk bill you. This is where the total cost of your appointment is covered by Medicare. Some clinics offer this. Read more about <a href="#">low cost health services</a>.</li> </ul>			
<ul style="list-style-type: none"> <li>• Get your diary or calendar.</li> </ul>			
<ul style="list-style-type: none"> <li>• Call the GP. –or–</li> </ul>			
<ul style="list-style-type: none"> <li>• Book online.</li> </ul>			
<ul style="list-style-type: none"> <li>• Compare available times to your diary/calendar.</li> </ul>			
<ul style="list-style-type: none"> <li>• If you're attending this clinic for the first time, you can ask about the cost and how much of the cost is covered by <a href="#">Medicare</a>. Ask if you can fill in the clinic registration forms before the appointment.</li> </ul>			

**Remember your mental health is important.**

You may need to cancel or postpone other events in your diary or calendar to book the appointment.

Steps	Me	Support Person	Not Needed
Getting to the appointment:			
<ul style="list-style-type: none"> <li>Choose the best way to get to your appointment. You may want to allow time for any possible delays or weather conditions that will affect your travel.</li> </ul> <hr/> <hr/> <hr/>			
<ul style="list-style-type: none"> <li>Think about the best way to get home after the appointment and whether you may need support. You may choose to use a different mode of transport.</li> </ul> <hr/> <hr/> <hr/>			
<ul style="list-style-type: none"> <li>If you're taking a support person, decide whether they'll travel with you or meet you at the clinic.</li> </ul> <hr/> <hr/> <hr/>			
<ul style="list-style-type: none"> <li>If you're driving, where will you park? Some clinics have car parks, some may have street parking or overflow parking at busy times. Check if you need to pay for parking.</li> </ul> <hr/> <hr/> <hr/>			
<ul style="list-style-type: none"> <li>To make it easier to find the clinic, check Google street view to see what the clinic looks like from the outside.</li> </ul>			
<ul style="list-style-type: none"> <li>If you know that the GP often runs late, call before you leave home to see if the appointment will be on time.</li> </ul>			

Steps	Me	Support Person	Not Needed
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See other sections of this guide or download the complete guide [here](#).