



Not actual patient

Helpful questions to consider asking at your first infertility specialist appointment

Starting your fertility journey may feel daunting, but your care team is there to help you. Feel empowered to ask them any questions that cross your mind and lean on them for support.

Cost. It's important to ask questions about general insurance coverage, support, and financing options available to you. Consider the questions below.

Questions	Notes
What costs or services are covered by my insurance?	
Are there any discount programs to help?	
If I don't have insurance, what payment options are available?	
Do you offer payment plans?	

Planning. Consider clarifying some logistical details with your care team.

Questions	Notes
What are your office hours?	
Will I always see you, or will there be other doctors/nurses involved?	
Will all my tests be done here?	
What is the timeline for treatment from start to finish?	
If I have questions, whom can I call?	

Helpful questions to consider asking at your first infertility specialist appointment (continued)

Physical. Your fertility journey may include procedures or require additional medications or lifestyle changes to prepare for treatment. The questions below can help you prepare for the next steps.

Questions	Notes
What are some physical changes I can expect?	
How is my fertility status assessed?	
I've had some tests already. Will I need to repeat them?	
How will we establish my fertility plan?	

Emotional. Fertility care is a physical experience as well as an emotional one. Consider talking to your care team about available emotional support, ways to prepare, and communities you can connect with throughout your journey. Try starting with the questions below.

Questions	Notes
How will hormone treatments affect me emotionally?	
Do you offer services to help with the stress of infertility?	

Notes



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