

# My Priorities

Use this form to list the top 3 priorities you want to discuss at your next health care appointment. This can be used as a guide or to give to your health care provider (or both).

For example:

- *List any medications you've tried and how they affected you*
- *Share a previous diagnosis from another health care provider*
- *Provide family history if you know of any medical conditions that run in the family*

## What I want you to know about me

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*Remember The Girls is a nonprofit that aims to break the stigma facing females impacted by X-linked conditions by providing them with tools to seek support, engage with research, and access family planning options, as well as by advocating for increased attention of medical professionals to the physical, emotional, and reproductive needs of this community. Visit [rememberthegirls.org](https://rememberthegirls.org) for more.*