Healthcare plan

Take this to the clinician involved in your care. Confirm medical instructions together; do not invent them.

Editable PDF: replace or delete the fictional examples. Blank PDF: print and write. Guidance follows.

Current medical advice and treatment

Questions for my clinician

Confirmed with: name, role and date

The agreed healthcare plan

Follow-up / review arrangements

What to do if symptoms or circumstances change

Extra anxiety-related checking to discuss in CBT

Copyright Calm Breathing Therapies

Using this resource

Healthcare plan

What this helps with

It can be difficult to judge whether you are following medical advice or repeatedly checking because uncertainty feels unbearable. A shared plan with an appropriate healthcare professional can clarify what care is needed and what to do if symptoms change. This sheet is a discussion aid, not a medical protocol. Your therapist can help with anxiety responses; the relevant healthcare professional should guide medical monitoring, treatment and escalation.

How to use it

1. List existing advice, treatment and follow-up, using the wording you were given.
2. Note what is unclear: what to monitor, how often, and which changes need help.
3. Ask your healthcare professional to clarify the plan and record when it should be reviewed.
4. With your therapist, identify extra reassurance or checking outside this plan and a suitable response to the urge.

A fictional worked example

Nadia has a diagnosed condition and also finds herself checking repeatedly between scheduled appointments. She brings this sheet to her healthcare professional and asks what monitoring is needed and what changes should prompt contact. She records their advice in her own words and checks that she has understood it. In therapy, she works on searches that repeat the same question without new information. If a relevant change occurs, she follows the care plan rather than treating every urge as anxiety. She does not ask her therapist to decide medication or use the worksheet to invent a universal rule about when symptoms matter.

Keep in mind

Leave medical instructions blank until clarified with the relevant clinician. Do not use a fixed "wait" rule for new or concerning symptoms. Continue treatment and seek emergency care for a medical emergency. This sheet cannot replace clinical judgement, triage or an individual medical assessment.

Sources and attribution

NHS. Health anxiety. Accessed 24 October 2026.

Warwick, H. M. C., & Salkovskis, P. M. (1990). Hypochondriasis. Behaviour Research and Therapy, 28(2), 105-117.

Original material informed by the sources above. No outside organisation endorses this worksheet.

Copyright Calm Breathing Therapies