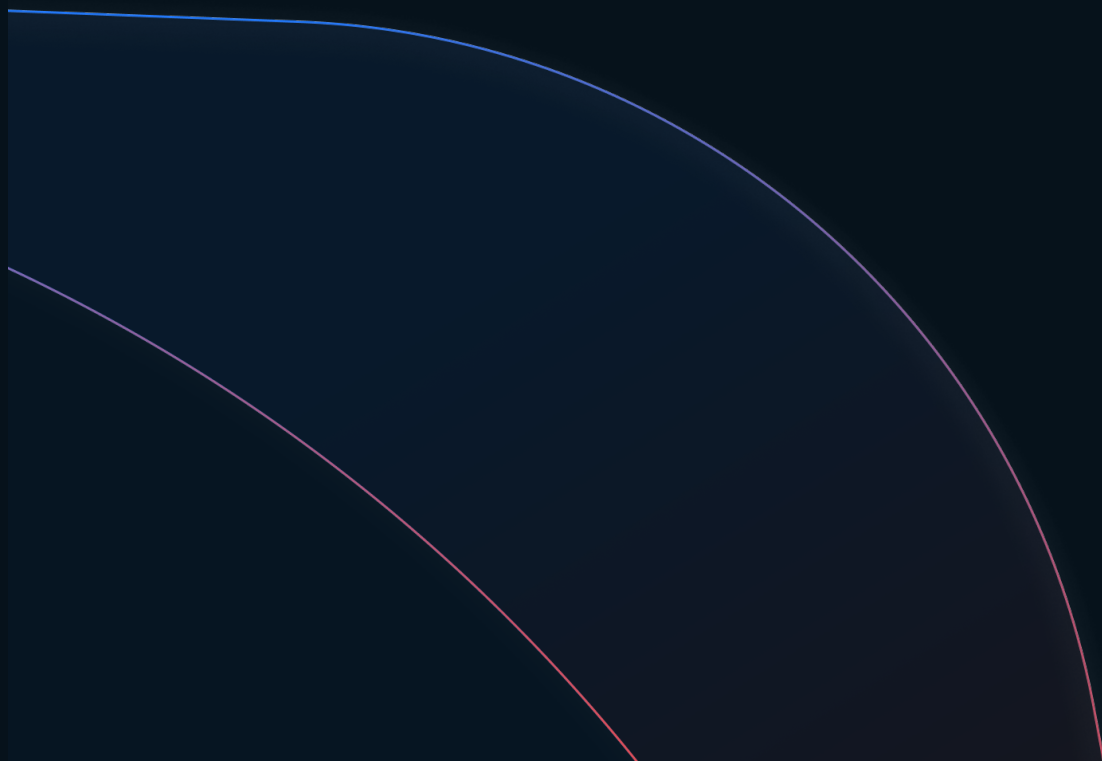


EarlyTM

Being early mattersTM



How to Find a Good Doctor

EARLY PROGRAM RESOURCE MATERIAL



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How to Find a Good Doctor

QUESTIONS FOR A POTENTIAL PHYSICIAN *

Name of Physician

How long have you been practicing?

How much time do you think about balancing the line between prevention and treatment of disease?

How much of your time with patients is spent focusing on the former versus the latter?

How long is the average visit with your patient?

How much time, on average, do you spend with each patient per year?

(i.e., in-person visits, video meetings, reviewing labs and records, phone calls, emails)

Which lab tests and biomarkers do you consider essential for patient management?

What areas of medicine interest you the most, either within or beyond primary care?

- | | | |
|---------------------------------------|--|--|
| • Weight loss | • Nutrition | • Fasting |
| • Type 2 Diabetes | • Type 1 Diabetes | • NAFLD/NASH |
| • Lipid management | • Cardiovascular Disease | • Male hormones |
| • Female hormones | • Female health | • Adrenal physiology |
| • Thyroid hormone | • Sleep physiology | • Gut dysbiosis |
| • Athletic performance and physiology | • Neurodegenerative Disease (prevention) | • Cognitive impairment (treatment or prevention) |
| • Cancer (prevention) | • Cancer (treatment) | • Other |

Which conferences do you try to attend each year?

How much time, on average, do you spend per month staying informed of the latest research in medicine overall?

(e.g., reading broadly from journals like JAMA (Journal of the American Medical Association) or NEJM (New England Journal of Medicine))

How much time, on average, do you spend per month staying informed of the latest research in your area of focus, such as specialty journals?

(e.g., lipidology, nutrition, exercise, physiology)

How willing are you to explore preventative care beyond standard medical guidelines?

Are there any other things you would like prospective patients to know about you or your practice?

* We acknowledge that some of these questions will be very difficult for an average primary care physician (PCP) working for a big system to answer. At this time, it remains an unfortunate fact that you may need to consider concierge or direct primary care practices for the type of support discussed in the Early program.