Bring this to your appointment.

Three minutes now can save twenty later. Jot it down and hand it over.



MY TOP THREE RIGHT NOW

the ones running your life

1.

2.

3.

QUESTIONS FOR MY CARE TEAM

nothing is too small to ask

WHAT I'VE ALREADY TRIED

so nobody starts from zero

Scan to start reading

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Private by default: no data sale, no model training on your entries. Information and peer support, not medical advice.

Hello Nila is information and peer support, not a medical clinic. It does not prescribe or diagnose.
Talk to your own care team about treatment decisions.
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