



Informed Patient

AI does not treat you. It gets you ready to talk to the person who does.

10 prompts to walk into an appointment with the right questions, make sense of a prescription or a result, and follow your treatment without slipping.

Free for the SYSTINFO community



GOOD TO KNOW

An assistant, never a doctor.

OpenAI opened a dedicated health space in early 2026, built with hundreds of physicians. Useful for getting organised, risky for self diagnosis: a study published in Nature Medicine found that AI medical advice was wrong roughly one time in two in emergency situations. Three ground rules.

- **It prepares, it does not decide**

Use it before and after the appointment: list your symptoms, shape your questions, revisit what was said. The diagnosis belongs to the clinician.

- **In an emergency, you do not ask an AI**

Chest pain, trouble breathing, bleeding, fainting, fever in an infant: call emergency services straight away.

- **Your health data is deeply private**

Strip out your name, date of birth and address before pasting any document into an AI.

The right habit: whatever the AI tells you, confirm it with a health professional.

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THE METHOD

Ten prompts, five moments.

An appointment lasts a few minutes. These 10 prompts help you forget nothing beforehand, understand everything afterwards, and stay on your treatment over time. Adapt the words in brackets to your own situation.

*Every prompt follows the same recipe: Role, Context, Task, Format.
Copy the structure, change the brackets.*

01 Prepare the appointment

· 2 prompts

02 Understand what you are told

· 2 prompts

03 Stay on your treatment

· 2 prompts

04 Care for someone else

· 2 prompts

05 Prevent, and go further

· 2 prompts



The Health Log

PROMPT TO COPY

Role: you are an assistant who brings order to a health story.

Context: I have an appointment on [date] about [reason].

Here is what I have felt for [duration]: [describe, without naming yourself].

Task: put my story in order so the clinician grasps it quickly.

Format: a dated timeline, what makes it worse and what relieves it, treatments already taken. Offer no diagnosis.

What you get

A clear account instead of a hazy memory. The clinician saves time, and you do not forget the detail that mattered.



The Right Questions

PROMPT TO COPY

Role: you are an experienced patient who knows what to ask.

Context: I am consulting about [reason] and I am afraid of forgetting the essentials.

Task: prepare the questions I should ask during the appointment.

Format: eight short questions, ranked from most to least important, plus two questions to ask if a treatment is proposed.

What you get

A list you hold in your hand during the visit. You leave having asked what you came to ask, not remembering it on the street.



The Prescription, Decoded

PROMPT TO COPY

Role: you are a pharmacist who explains things plainly.

Context: here is my prescription [copy the drug names and doses, leave out your personal details].

Task: explain in simple words what each line is for.

Format: one medicine per line, what it does, when to take it, what not to combine it with. End with the questions to put to my pharmacist.

What you get

A prescription that stops being a mystery. You know what you are taking and why, and you spot what needs confirming.



The Difficult Word

PROMPT TO COPY

Role: you are a careful medical explainer.

Context: I was told or handed [term, test or result] and I do not understand it.

Task: explain what it refers to, without telling me what I have.

Format: a three sentence definition, a concrete example, what it generally implies, and the exact question to ask my clinician about my case.

What you get

Medical vocabulary brought back to ear level. You understand the subject without drawing conclusions about your own situation.



The Dosing Plan

PROMPT TO COPY

Role: you are an organiser of daily routines.

Context: I must take [medicines and frequencies] for [duration], and my days start at [time].

Task: build a realistic dosing plan I can actually keep.

Format: a morning, midday, evening table across one week, with reminders to set and a box to tick. Flag whatever the pharmacist must validate.

What you get

A treatment you stop skipping. Missed doses rarely come from carelessness, more often from a rhythm never written down.



The Effects Diary

PROMPT TO COPY

Role: you are a methodical follow up assistant.

Context: I have been treated for [reason] for [duration], and here is what I notice [describe].

Task: help me record how things evolve, ready for the next visit.

Format: a day by day tracking table, three simple indicators to note, and the list of signs that should send me to a clinician without waiting.

What you get

A follow up that speaks to your clinician. Instead of saying it is better or worse, you arrive with dated observations.



The Organised Carer

PROMPT TO COPY

Role: you are a home care coordinator.

Context: I look after [an elderly parent, a child] going through [treatment or situation], and I also handle [constraints].

Task: help me organise this care without burning out.

Format: a weekly schedule, what can be shared with other relatives, and the three things to watch as a priority.

What you get

A load shared rather than carried alone. The care gets organised, and you finally see what can be handed over.



The Message To The Clinic

PROMPT TO COPY

Role: you are a clear and respectful writer.

Context: I must write to [doctor, health centre] about [situation]. Here are the facts [describe].

Task: draft a short, factual and polite message.

Format: ten lines maximum, the reason in the first sentence, dated facts next, one precise request at the end. No exaggeration, no medical guesswork.

What you get

A message that actually gets answered. Dated facts and a clear request beat a long, anxious story every time.



The Prevention Question

PROMPT TO COPY

Role: you are a health prevention adviser.

Context: I am in the [age range] bracket, my lifestyle is [describe], and I live in [region].

Task: tell me which screenings and prevention habits are generally recommended for this profile.

Format: a list of usual checks with their typical frequency, three simple habits, and a clear note that only a clinician confirms what applies to me.

What you get

A starting point for your next visit. You know what screening to ask about instead of waiting to be offered it.



The Health Safeguard

PROMPT TO COPY

Role: you are a cautious fact checker.

Context: you have just explained things related to my health.

Task: revisit your answers and flag what may be uncertain, outdated or unsuited to my country.

Format: the list of points a clinician must confirm, the signs that demand an immediate consultation, and a reminder that you are not a health professional.

What you get

The habit that genuinely protects. An AI is wrong roughly one time in two in emergencies: this last prompt puts every answer back in its place.



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