Executive healthspan conversation guide

Clarify what matters to you, notice the pressures on your time, and prepare questions for a qualified clinician.

This private reflection tool does not assess health or provide diagnosis, treatment or individual medical advice. Make clinical decisions with a qualified clinician.

01 What do you want health to make possible

Think about the people, experiences and responsibilities you want to be present for. What would you like to keep doing, or make more room for?

02 Where does your calendar create pressure

Consider travel, long workdays, caregiving and unpredictable weeks. Which demands make it harder to give your health the attention you want?

03 What feels most important to discuss

Write one priority in your own words. You do not need to identify a solution before speaking with a clinician.

Prepare better questions

If a test, intervention or health claim catches your attention, bring these questions to a qualified clinician who knows your medical history.

Evidence

What evidence supports this option? What remains uncertain, and how relevant is the evidence to me?

Potential benefit

What outcome might improve, by how much and over what timeframe? How would we judge whether it helped?

Risks and tradeoffs

What harms, side effects or downstream decisions could follow? What should I understand before deciding?

Personal relevance

Given my history and priorities, is this appropriate to consider? What information would you need first?

Cost and effort

What are the full costs, time commitments and follow-up needs? What might insurance cover?

Alternatives

What other options are reasonable, including waiting or doing nothing? What are the tradeoffs?

04 My questions to bring

05 Choose one small planning next step

For example, organize your questions, set aside time to reflect, or arrange a conversation with your clinician. This is a planning step, not a prescription.

My next step

When I will revisit it