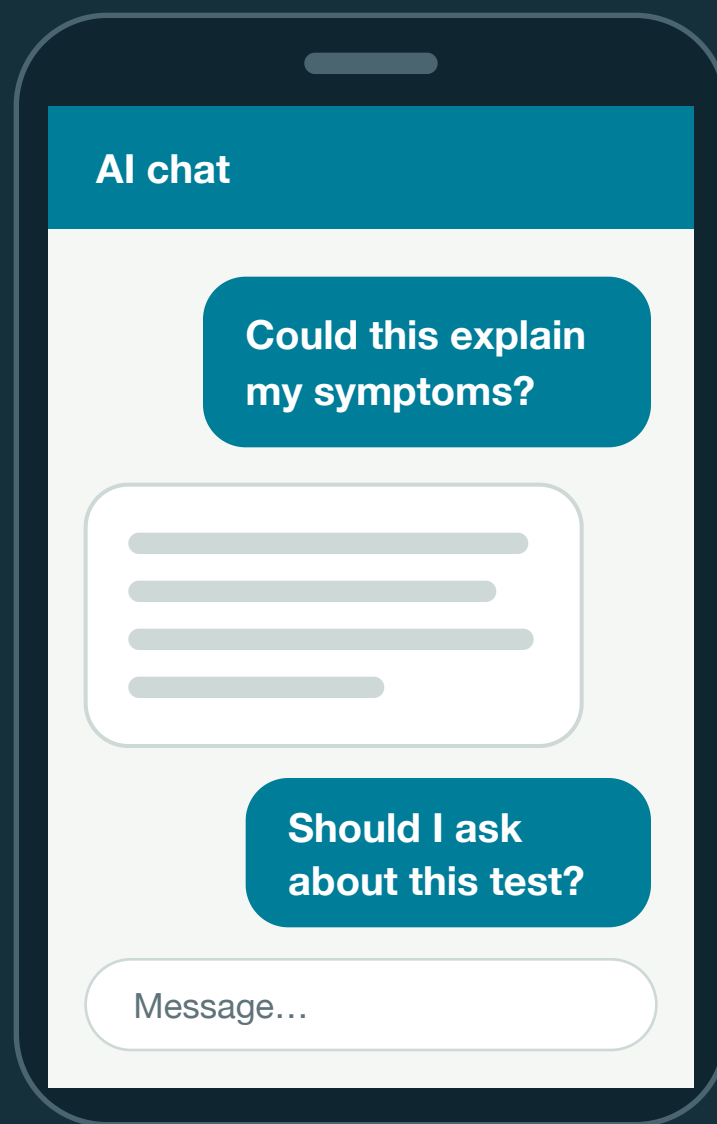


You've asked AI a health question.

What next?

A guide to discussing AI-generated health information with your care team.

What to bring, what to ask and how to decide on next steps together.



Dr. Lisa Belisle
drlisabelisle.com

Before you enter health information

Start with a general question.

Consider whether you need to share a whole report or record to ask what you want to know.

Removing your name is not enough.

Reports may contain birth dates, addresses, record numbers, barcodes or identifying details in the text. Removing these reduces risk; it does not guarantee anonymity.

Check what happens to your data.

Check storage, review, training and deletion policies. Consumer AI apps may not have the protections of your patient portal.

What were you hoping to understand?

You may have wanted an explanation, another possibility or help making sense of a result.

WONDERING

“Could this explain what I’m feeling?”

WORRIED

“Does this mean something serious?”

DECIDING

“Would this change what I do next?”

Write down the question you still want answered.

Save what you asked and what it answered.

1

Your question

Include relevant details you supplied and follow-up questions that changed the answer.

2

The answer you want to discuss

Save the relevant passage or a screenshot. Mark the part that helped, confused or worried you.

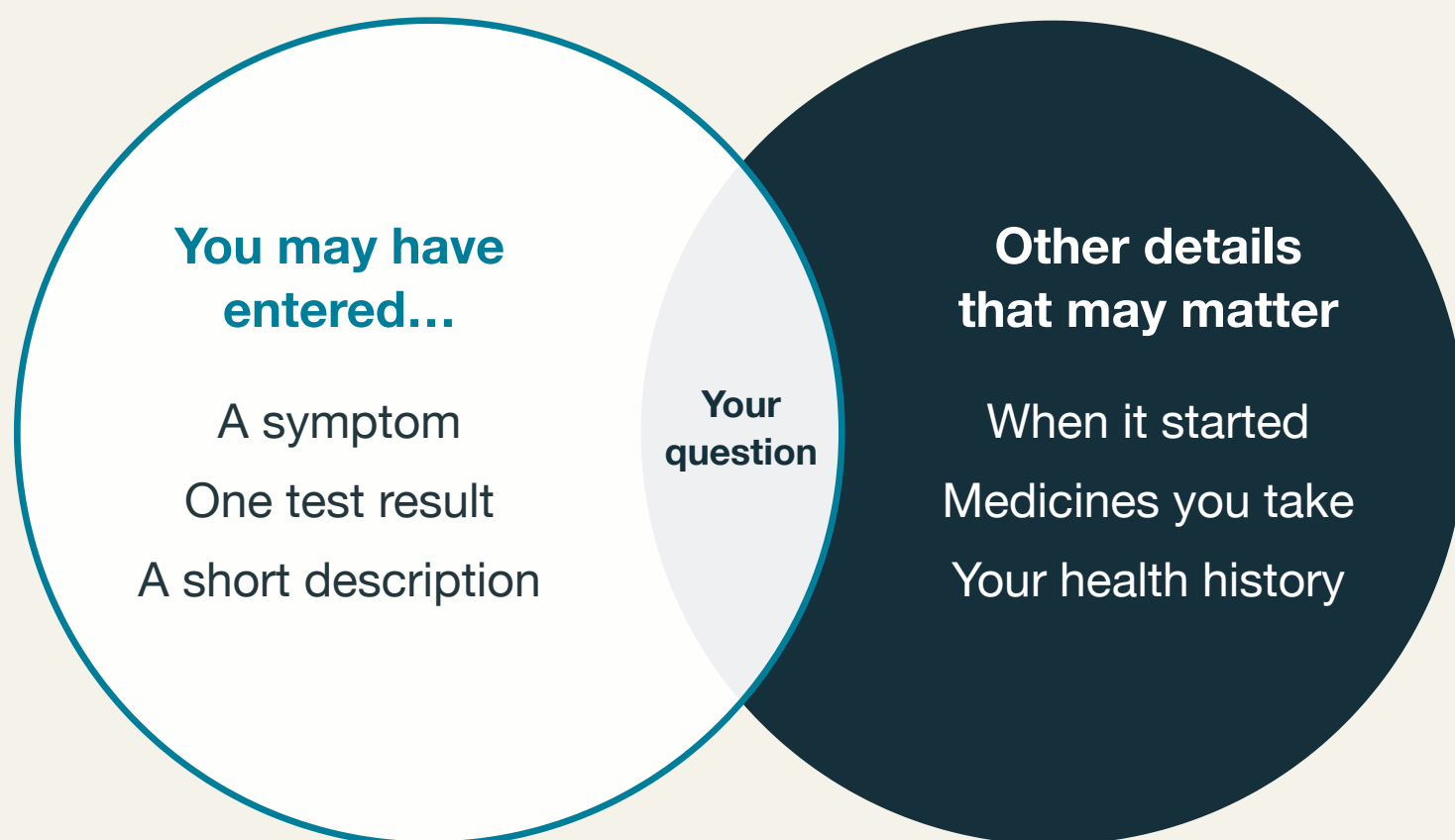
3

The tool and date, if known

Note the app's name and whether the answer drew on web sources, an uploaded file or the chat alone. That affects what needs checking. You do not need to investigate if you cannot find these details.

Use your care team's secure channel to share personal health information.

What information did it have?



You are not expected to know every detail that could matter.

A clear, confident answer can still be incomplete or wrong. Your clinician can help assess how it fits your situation.

Your clinician may use different AI tools.

To search medical evidence

Examples include OpenEvidence, UpToDate Expert AI and Doximity Ask. These help clinicians explore clinical questions and supporting information.

To help document a visit

Examples include Abridge and Microsoft Dragon Copilot. They can help draft clinical notes and support related workflows.

“Are you using AI to document our conversation, help assess my question, or both?”

A clinician-focused tool still needs appropriate use, privacy protections and clinical judgment.

You can be involved and ask questions.

Most clinicians want patients actively involved in their care. Their experience with AI, confidence in particular tools and comfort using them vary.

“I used AI to help me understand this. It suggested _____. Could we discuss whether that fits my situation?”

“What do you think it has missed?”

If your clinician does not use AI, they can still assess the suggestion and explain their reasoning.

Ask for an explanation you understand, and discuss your options.

Ask how best to discuss it.

At an appointment

Bring the relevant exchange and your main question. Let your clinician know what you hope to understand.

Through the patient portal

Briefly explain your concern and ask whether a message, phone call or appointment is the best next step.

Reviewing a long AI response may need a separate appointment so there is time to consider it properly. Ask about possible charges beforehand.

If you think you need urgent care, seek it. Do not wait for an AI answer or a portal reply.

Bring your question. Ask for the reasoning.

For my appointment on _____

1 What I wanted to understand

2 What I asked AI and what it said

3 What still concerns or confuses me

4 What we should do next, and why

**Discuss suggested tests or treatment changes with
your clinician before acting on them.**

General information, not individual medical advice.

About this guide

Practical suggestions for discussing AI-generated health information.
Tool features change and do not establish medical reliability.

Health information and AI

WHO: Safe and ethical AI for health

MedlinePlus: Evaluating health information

Privacy and de-identification

HHS: Health information on personal devices and apps

HHS: De-identification guidance

Clinician-focused tools

OpenEvidence · UpToDate Expert AI · Doximity Ask

Abridge · Microsoft Dragon Copilot