



What to Know: Preparing for a Social Security Doctor's Appointment

Why does Social Security need this exam?

- Social Security decided they need more information to make a decision in your case
- You may get sent to multiple exams
- Your claim will likely get denied if you do not go to the exam(s)
- Doctor has 30 days to submit exam report

What is the purpose of the exam?

- Limited purpose exam to answer specific Social Security questions
 1. Physical – general health and physical abilities
 2. Cognitive – mental status testing
 3. Psych – mental health or mental status testing
- Doctor may perform tests but will not provide treatment

What do I tell the doctor?

- 01** Advocate for yourself – doctor may not know anything about Huntington's disease
- 02** Be open and honest about the severity of your symptoms – overstating your abilities could result in a denial
- 03** Bring a list of your symptoms & limitations to appointment – make sure that the doctor clearly understands everything that is impacting you on a daily basis.
- 04** Do not say you are "fine" on day of appointment – say if it is a good or a bad day and explain what those mean for you
- 05** Do not change your daily routine, do not shower, shave, do your hair, etc – you want Social Security to see you exactly as you are so do not make a special exception
- 06** Do not dress up – wear what you wear on a normal day, even if that is sweatpants

Doctor takes notes on EVERYTHING from the moment you arrive until the moment you leave - this could include walking to and from your car in the parking lot.