

MAKING THE MOST OF YOUR APPOINTMENT

Taking Charge of Your Health Care

It is not every day that we see a healthcare professional, so it is important to make the most out of each visit. Here are some tips for before, during, and after each visit. Be sure to take notes throughout your visit.

Collect the following information before your visit.

Take it with you to your appointment.

- › Medical records from previous treatment, checkups.
- › List all prescription and nonprescription medicines, such as supplements, you are taking. Or bring your medications with you in the original container.
- › Questions that you want to ask your doctor.
- › If you have researched your health issues on the Internet, bring the information you find.

During the visit

- › State your main problems or reasons for your visit.
- › Describe your symptoms (if this is for an annual checkup, describe your overall health).
- › Describe your medical history, past experiences.
- › Explain the impact of any health problems.

Questions about medicines, tests, and treatments

- › What is the diagnosis?
- › What is the name of the medicine, test, or treatment?
- › Why is it needed?
- › What are the risks?
- › What are possible side effects?
- › How long has this medication/ treatment been used?
- › Are there alternatives?
- › How much does it cost?
- › Is the cost of the medicine covered by my insurance?
- › Do you have samples of this medication?
- › What if I decide not to have the treatment?

- › How do I take this medicine?
- › How will this medicine react with other medicines I am taking?
- › How do I prepare for each test or treatment?

Questions to ask at the end of your visit

- › What do I need to do next?
- › What is my treatment plan?
- › When should I return for another visit?
- › When will test results be available?
- › Will copies of any test results be sent to me?
- › Will information be available online?
- › Should I contact you or will you contact me?
- › Are there any danger signs that I need to look for?
- › What else do I need to know?
- › What can I do to manage my problem at home?

After your appointment

- › Follow through on the treatment recommendations you agreed on.
- › Save your test results after you receive them.
- › Keep the information on any medication you are prescribed.
- › Call your doctor if you have any questions or problems.
- › Compare your EOB (Explanation of Benefits) with the treatment you received and your insurance benefits.

Together, all the way.®



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