

PREPARING FOR YOUR DOCTOR'S VISIT

The single most important way to stay healthy is to be an active member of your own health care team. By preparing for your doctor's visit—you can improve the quality of your time with your provider.

BEFORE YOUR VISIT:

- You know important things about your symptoms and health history. Tell your team what you think they should know.
- It is important to share personal information when needed—do not feel embarrassed or uncomfortable. Better to get an answer than to constantly worry about it silently.
- Always bring your current medicines with you so that the team can make sure they are making the right health care decisions based upon complete and accurate information. Medications include prescriptions, vitamins, herbal products—or any other alternative treatments you may be using.
- If you saw another provider since your last visit, bring that information with you (xray results, discharge instructions, test results). This includes visits to the emergency department or urgent care center.
- Write down any questions or concerns you want to discuss with the team.
- Bring someone along if needed. This person can help you understand or remember answers—or assist with interpretation if needed.

DURING THE VISIT:

- Take notes if needed.
- Ask questions if you need more information, or if you don't clearly understand what you need to do to improve your health.
- Tell the provider if you need more time to discuss issues or improve your understanding of your disease. That may require an additional appointment—or a follow up call with a team member at a different time.
- Ask for additional educational information if needed
- Discuss goals that are important for you to meet before your next visit. These may be related to healthy behaviors such as diet, exercise or smoking—or they may be related to better management of your disease.
- If you had testing completed, make sure you know (and understand) the results of those tests.

AFTER THE VISIT:

- If you have questions, call us.
- If your symptoms worsen—or you have any problems with medication, call us.
- If you were told to schedule tests, make those appointments. It's important for our team to know when those appointments were scheduled.
- Keep any appointments made with specialists.

Remember, quality matters—especially when it comes to your health. We are committed to providing quality care and medical excellence—and we need you on our team.