



### **Preparing for your appointment:**

- Make a list of your symptoms and health questions.
  
- Bring a list of all current medications that you take on a regular basis, including over-the-counter and herbal medications.
  
- Make a list of other doctors you have visited. Write down their names, addresses, phone numbers, and reasons that you visited them.
  
- Bring copies of any test results, x-rays, and imaging results.
  
- Bring a copy of your personal and family health history.
  
- Bring your insurance card or other insurance information.
  
- If you want to, ask a family member or friend to go to your appointment with you.

### **During your appointment:**

- Write down the names of your care team- your doctor, nurse, and Local Care Team Director.
  
- Use your list of questions.
  
- Use your own words to repeat what you have discussed with your care team and write down any instructions.
  
- Ask how your problem can be treated.
  
- Ask how you can improve your health.
  
- Ask if you need to come back for a follow up visit or if you need to call your doctor within the next few days about how you are feeling.
  
- Ask how you can reach your doctor after hours.