

## GET AN "A" IN PATIENTING

On average, you may only see your doctor once a year, and you only get like 10-20 minutes of their time. Here are a few things to consider for your next visit to stay on top of your health and get the most out of your time with the doc.



### Get personal

Tell your doctor how you're really feeling. Don't be afraid to overshare. Your doc has heard it all. Who cares? Just go for it.

**Less caring. More sharing.**



### Speak up

Ask questions. Say what's on your mind. It's your time, so make the most of it, and be sure you get the info you need before you walk out the door.

**Less shy. More why?**



### Prepare an agenda

Write down the things you need to discuss. Like a shopping list of questions. If you don't have time to get through the whole list, ask if you can follow up with an email.

**Less missed. More list.**

## MAKE THE MOST OF YOUR DOCTOR VISIT

One of the best ways to communicate to your healthcare team is by asking questions. Whether you're just in for a check-up or you're not feeling right, asking a million (or a few smart) questions can help you make better decisions about your healthcare.

### BEFORE YOU ARRIVE

Prepare for your visit by thinking about what it is you want to accomplish:

- Talk about how you're feeling?
- Get or change medication?
- Get medical tests?
- Surgery or treatment options?

### DURING THE APPOINTMENT

Ask questions while you're there 'cause it's better than having to call them back:

- How has my health changed?
- What are my treatment options? What are the pros and cons?
- Will I need a test? For what? What will the results tell me?
- Do I need to change my daily routine?

### PRESCRIPTIONS

If the doc lays a new prescription on you, here's a few things you can ask:

- What is this for? What will it do?
- What are my options? Are there any alternatives?
- Are there any associated risks?
- Will this medicine interact with medications I am already taking?

### AFTER THE APPOINTMENT

Always a strong idea to follow up on your care by considering the following:

- How are you feeling?
- Did you start taking any new prescriptions or over-the-counter medicines?
- What are the test results? What do they mean?
- When should you follow up?