

## 1. Get Organized

Before you go to the doctor, take some time to think about important questions you may have about your health. Most people only visit the doctor a few times a year, so it's important to make your time with him or her count!

- Are you sleeping OK?
- What's your typical diet look like?
- Have you been exercising?
- Do you feel depressed?

The more information you can give your doctor about your health, the better he or she can take care of you!

## 2. Make a List

Now that you've gotten organized, you're paying attention to your health, and you're thinking about some questions to ask your doctor during your visit, it's time to take some notes. Things like...

- A few nights when it was hard to sleep
- A meal that didn't agree with you
- A little soreness when the weather got cold

It happens to everybody. But you never know when it might be a sign of something else. When you're not feeling your best, write it down. It's also a good idea to note any vitamins, supplements and prescription medications you take. It helps your doctor know which questions to ask, so you both can start working immediately on a plan for your best health.

## 3. Ask Your Questions

You've made a good list; now just remember to bring it with you when you head to your doctor's appointment. If you have a lot of questions, that's OK. Talking with your doctor can help find and address any potential health issues, allowing you to get healthier more quickly.

## 4. Write Down the Answers

When your doctor answers your questions, take notes or have someone take notes for you. That way, when you get home, you'll be able to remember what your doctor said. If you have questions about the answers you get, ask those, too. Your doctor is used to taking complex medical subjects and making them easy for patients to understand.

If you leave your appointment and don't understand what your doctor said, be sure to call so you can get your questions answered. Make sure you're clear on what your doctor tells you. It's a big part of maximizing your health and well-being.

## 5. Follow Through

This is the most important step! Keep the list you brought to your doctor's visit so you can refer back to it later. Whether you get a lot or just a few doctor's orders, having a copy of your list close by can make staying on track a lot easier. Take notes about changes in how you feel when you follow the list... or when you don't. Taking notes about those changes can help your doctor see what's working the next time you talk.

## 6. Stay in Touch

One of the best ways to stay healthy is to stay in touch with your doctor. That way, they can help you feel your best all the time.

- Did you forget to ask your doctor something you wanted to during your appointment?
- Are you having trouble sticking to your list?
- Are there any changes in how you feel since you started keeping it?
- Any problems with a new medication?

**Let your doctor know!** That's what they're there for. You might even be able to get answers over the phone from a nurse or a nurse practitioner without making an urgent trip to see your doctor or waiting until your next appointment.

## 7. We're a Team, and You're Part of It

You are a key part of your health and wellness. You know how you're feeling, and it's important to share that with the care team. Our entire team's goal is to provide you with the care you deserve at every visit. If you feel certain questions or concerns have not been answered, please let our team know.