

Be an Active Partner in **YOUR** Health Care by getting the Most out of **YOUR** Health Care Visit



Your overall health is important! It is crucial to be an active member of your health care team to achieve your best health! Follow the steps below to help you become an advocate for your health care and work successfully with your health care provider and medical team.

BEFORE YOUR HEALTH CARE VISIT...

Be prepared

- Write down questions and concerns.
- Bring a list of medications you're currently taking.
- Consider bringing a trusted friend or relative along to help ask questions, take notes and understand everything once you leave your health care providers office.

AT YOUR HEALTH CARE VISIT....

Share information with your health care provider

- Tell your health care provider everything he/she needs to know – don't wait to be asked.
- Tell your health care provider how you're feeling physically, emotionally and mentally. Don't be embarrassed or shy when it comes to providing information about your health.
- Inform you health care provider of any concerns regarding your health, even if you feel they are insignificant.

Get information for Next Steps

- Ask questions so you understand everything being said by your health care provider.
- Be sure to get all test and procedure results and understand them. Discuss results with your health care provider.
- Take notes during your health care visit
- Check with your clinic about accessing your health information online.

Take Information home with you

- Ask for written instructions on any medications or to review once you leave the office.
- Ask your provider for a copy of your health care visit information to take home.
- Ask your health care provider for brochures, websites, and where to find further information about your condition.

AFTER YOUR HEALTH CARE VISIT....

Follow-up once you leave the office

- Call or email your health care provider if you have questions or concerns following your appointment.
- If your symptoms get worse or if you have issues with your medication, contact your health care provider.
- If your health care provider recommends certain tests or providers, make appointments and follow through.
- If your health care provider recommends seeing a Specialist, make an appointment and follow-up afterward.

Be an active partner in your health care to achieve your best health!

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HEALTH CARE VISITS