



Emergency Room



Doctor

know before you go

Make the Most of Your Doctor's Visit

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Urgent Care



Web Consult

Did You Know?

- **The average time allotted for a doctor's appointment is 15 minutes**
- **The typical primary care provider sees an average of 2,184 patients**
- **No wonder your doctor always seems rushed!**



First Things First

- **Find a healthcare provider you feel comfortable with**
- **There's value in a doctor who knows you and can recognize when something is not right**
- **And someone you can be open and honest with...even if you're embarrassed about your symptoms**



Tips for Finding a New Doctor

- **Decide what's important to you**
- **Ask friends and family for recommendations**
- **Make sure they are covered under your insurance plan**
- **Schedule an introductory meeting**



Tip

- **Schedule appointment first thing in morning or immediately after lunch**
- **Doctor more likely to be on schedule and not rushing to catch up**
- **Arrive early to check in and relax**



Be Prepared

- **Prioritize your concerns/questions**
- **Provide a complete picture of your health**
- **Bring insurance documents**



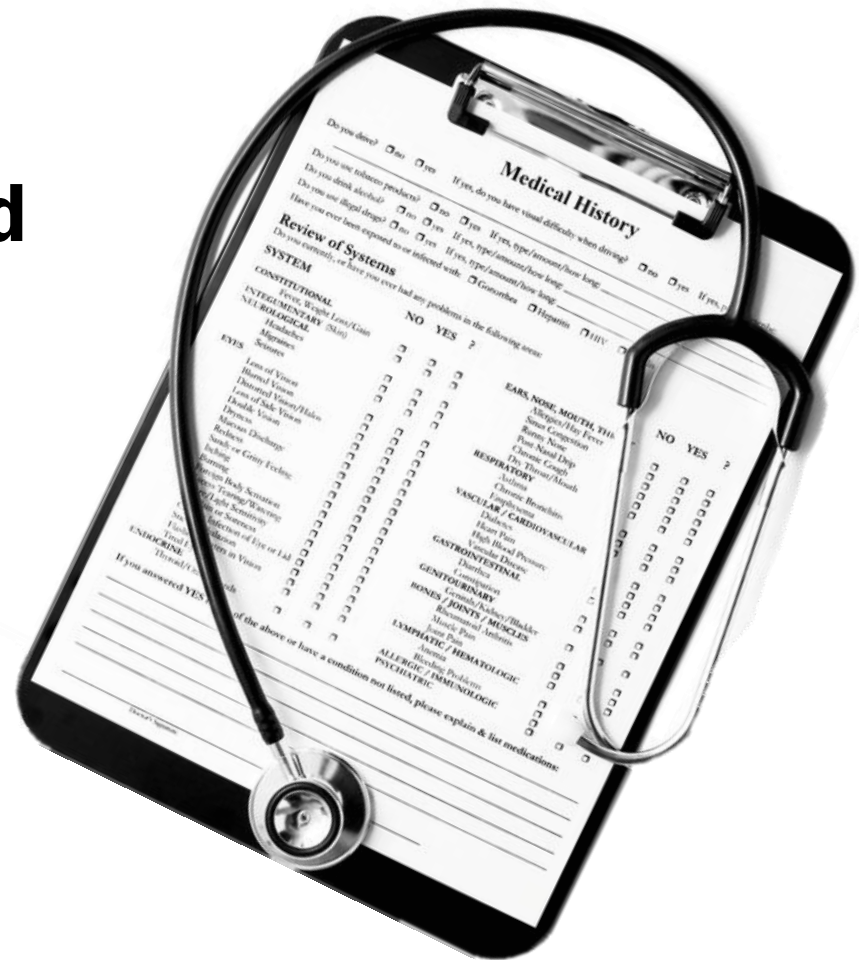
Information for Medications

- **Name of drug**
- **What it's for**
- **Date started**
- **Doctor who prescribed**
- **Color/shape**
- **Dose and instructions**



Complete Forms Ahead of Time

- Download medical history, insurance and other forms (or have them mailed)
- Fill them out before your appointment



Speak Up

- **Describe your symptoms in detail:**
 - **What are they**
 - **When did they start**
 - **How long do they last**
 - **What makes them better/worse:**
 - **Medications**
 - **Rest**
 - **Other**



Ask Questions

- **There's no such thing as a dumb question!**
- **Ask doctor:**
 - **What is my main problem?**
 - **What do I need to do?**
 - **Why is it important for me to do this?**



Tips for Asking Questions

- **How am I different from other people who have _____?**
- **Is there anything I can do to change that recommendation?**
- **Would you please repeat that. I don't understand.**
- **I'm not sure you've answered my question.**
- **Let me repeat back what I heard to see if I understood it correctly.**



Questions Regarding Medications

- **Why are you prescribing this?**
- **How often and when should I take it?**
- **What are the side effects**
- **How will I know it's working?**
- **Will it interfere with other medications?**
- **What should I do if I forget a dose?**
- **How much does it cost?**
- **Are there other alternatives?**

Questions Regarding Medical Tests

- **Why is the test being done?**
- **What steps does the test involve?**
- **How should I get ready?**
- **Are there any dangers or side effects?**
- **How will I find out the results?**
- **How long will it take to get the results?**
- **What will we know after the test?**



Bring Friend or Family Member

- **Extra pair of ears can help you keep track of what doctor said**
- **Can give you encouragement if you feel timid about speaking up or asking questions**



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Remember!

- **It's YOUR Health**
- **Find a doctor who can be your partner in keeping you healthy**
- **Use your time together wisely**



Questions

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