



## BEFORE YOU VISIT THE DOCTOR....

The key to getting the most out of your visit with your physician is to be as organized and prepared as possible. We ask you to bring certain things with you to your visit to make sure that the doctor has all the information he or she needs to provide you with the best care.

We are also providing you with some suggests as to how you may build a "Question List". This will help you keep track of important information you need to get from your doctor and it will allow you to be an active participant in your care.

### ***PLEASE BRING WITH YOU:***

- Your Medication List: Don't forget to bring a completed, printed list of all your medications including prescribed and over-the-counter medications, supplements, ointments and salves. Your list should have the name of the medication, the dose (i.e., strength,) and how often you take it. You may be able to get a complete copy of your prescription medication list from your pharmacist. This is ideal. If you do get this list from your pharmacist, just add your over the counter medications to this list.
- The names, addresses, and phone numbers of all the physicians who treat you.
- If you are being referred by another physician, bring a copy of your medical record, including test results and x-rays. Sometimes a doctors' office will send the information over you.
- If the appointment is for a new pediatric patient, please bring the patient's immunization records with you if you have not previously mailed them to our office.
- Your current medical insurance card(s).
- If you need to complete any office forms for your visit we encourage you to save time by printing them from our website at [www.prohealthcare.com](http://www.prohealthcare.com) and completing them at your leisure. On the website, click "Patient Resources" and print the forms you need, or visit the ProHEALTH department for specialty specific forms. The receptionist making your appointment can direct you to the forms you will need.
- After printing your forms, click on the link labeled "Patient Rights" and review your rights and responsibilities as a patient of ProHEALTH.
- If your insurance company requires a referral for specialty care, remember to request that your Primary Care physician's office processes your referral before your visit.

*To "Get the Most From Your Doctors' Visit", read on....*



## GETTING THE MOST FROM YOUR DOCTORS' VISIT

### **WHAT YOU CAN DO BEFORE YOUR VISIT:**

- Write down a list of concerns that you wish to discuss with your doctor.
- Know that you can bring a family member or other individual of your choice with you.
- Be open and honest with your doctor. This includes answering questions about drug, alcohol, or tobacco use, sexual history and other lifestyle issues. Even if these issues are sensitive, it is important to trust your physician and to understand he or she can only provide proper, effective care if you provide complete and accurate information.
- Don't be shy about letting your doctor know if there is something you don't fully understand. Ask any questions you need to (see below) in order to make sure you can leave the appointment prepared to take the next steps in your wellness journey.
- Bring a paper and pen with you so you can write down important instructions given to you by your doctor.

### **HELP TO BUILD YOUR QUESTION LIST**

#### ***When You Receive A Prescription:***

- What is the name of the medication and what is it for?
- What are the possible side effects of the medication and which side effects should I particularly be watching out for?
- How and when should I take my medication?
- Can I stop the medicine when I feel better or do I need to take all the medication prescribed?
- Do I need to avoid any activities, food, drinks, or other medications?
- What do I do if I forget a dose?

#### ***When Medical Tests Are Ordered:***

- What is the test do and how is it performed?
- Are there any risks associated with having the test?
- Do I have to prepare in any special way?

#### ***Discussing Treatment Options:***

- What are the different treatment options available?
- What are the risks, side effects, and benefits of each treatment?
- What are the chances that the treatment(s) will work and what are the expected results?
- What happens if I choose to have no treatment at all?
- When do I have to make a decision about treatment?

### **WHAT TO DO AFTER YOUR VISIT**

- Fill your prescription in time to begin taking it as directed by your physician.
- Take any steps you may need to follow all of your doctor's instructions. This is the only way you can keep your health on track.
- Call your doctor:
  - If you have any side effects from a medication or treatment
  - If your symptoms get worse
  - To review and ask questions about any test results you may not fully understand.