

Ask^{your} Doctor^{#2}

Doctor Visits.

Before Your Appointment:

- ***Review your family history.*** Make sure you know what illnesses and diseases have affected a family member and at what age. This is one of the most important aspects of your health assessment.
- ***Write down your prescriptions.*** Record the type of medication, its dosage and how often you take it so that the doctor has your most up-to-date information.
- ***Make a list of questions.*** Think about what concerns or questions you would like to ask the doctor. Do you have any changing moles, frequent headaches, joint pain or problems sleeping? All are issues you can address with your doctor.

At the End of Your Visit

- ***Request a copy of test results be sent to you.*** You have a right to them. Although your doctor will review the results, you can better monitor your health from year-to-year if you look over them yourself. If you don't understand a test or result, consult your doctor's office.

At the End of Your Visit (continued)

- **Ask for prescription refills.** Make sure your doctor sends you home with a new order for your medication. Even if you don't need it immediately, the prescription can be filled up to a year after the date it was written. In some cases, the doctor will need to see test results before writing the prescription.
- **When's your next visit?** Depending on your age and the complexity of your history, your doctor may want to see you again within a few months or not for another year or even longer.

NOTE: Your medical care might come from a doctor, nurse, physician assistant, or another kind of clinician or health care practitioner. To keep it simple, in this document we use the term "doctor" to refer to any of these professionals with whom you might interact.



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