

Get the most from your doctor visits



To find out more about Generations of Wellness, visit uhcgenerations.com.

You and Your Doctor

You and your doctor work together in managing your health. It is important for you to talk to your doctor about concerns and questions you may have. You can share your efforts in making changes in your lifestyle habits. Your doctor may have some tips to help you make these changes. Keeping track of when you are due to have exams and preventive services helps both you and your doctor.

How to Talk with Your Doctor During Your Visit

- Ask your doctor to explain, in terms you understand, anything that is not clear to you.
- Tell your doctor everything. Don't be afraid that he or she might not approve.
- If you do not agree with your doctor's advice or feel you won't be able to do everything he or she asks, let him or her know.
- Write down all instructions at the end of your visit.
- Ask if you should be aware of any signs or symptoms, good or bad, that may occur.
- Ask if a follow-up visit or phone call is needed.
- Make sure all your questions are answered.
- If you are confused about anything, ask more questions: "Would you go over that again?" "I don't understand how to use this medication."

How to Prepare for Your Doctor Visit

- It's helpful to bring a list of medications you are currently taking – better yet, put your medications into a paper bag and bring it to your doctor visit.
- Take a moment to review the "Taking Charge of Your Doctor Visit" worksheet. It may be a helpful reference to use prior to each doctor visit.



Taking Charge of Your Doctor Visit Worksheet

A few minutes of preparation can help you and your doctor. Before your visit, read and answer the first two questions. Take the list and a pen or pencil to your appointment. Let the doctor read the list. During the visit, write down what you need to remember to do after your appointment.

- What do I want to TELL my doctor today?
- What do I want to ASK my doctor today?
For example,
 - Are there any risk factors that I need to be aware of that are more prevalent among African Americans?
 - What can I do to reduce these risks?
- What do my doctor and I agree I will DO after this visit?



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