

>tip

# Save Time at Your Next Doctor's Visit

It is important to prepare for each and every doctor's visit. Make sure that your key questions and issues aren't overlooked.

## Before Your Visit

- > Make a list of your questions, symptoms and concerns.
- > Make a list of all the medications (Prescriptions, over the counter, herbals and nutritional supplements) that you take. Or take a bag with the actual bottle or package with you to the doctor.
- > Ask a family member or friend to go with you.

## If You Have to Wait for The Results of Your Medical Tests

- > Ask the doctor if your results will be mailed or if you should expect a call.
- > Ask who will be explaining the results to you.

If Your Health Care Provider Advises You to Change Your Diet, Lifestyle or Suggests You Take Medicine...

## Ask Questions

- > How will these changes help me improve my health or help me feel better?
- > What might happen if I don't follow these recommendations?
- > What are some specific behaviors you recommend I change? How can I change them?
- > Are there any possible side effects from these medicines? What should I do if I experience any of them?

## If You Need to Ask Questions Later

- > Find out who to call at your doctor's office and the best time to call.

Your Wallet is Not Just for Money Anymore



Trim and fold this chart for quick and easy reference on your next doctor's visit.

	Date	Date	Date
Blood Pressure	/	/	/
Pulse			
Weight			
Blood Sugar			
Cholesterol			
	Date	Date	Date
Blood Pressure	/	/	/
Pulse			
Weight			
Blood Sugar			
Cholesterol			

