

**PREPARE FOR EVERY MEETING WITH YOUR DOCTOR:**

**Don't be afraid to speak up for "plain speak!"**

*If your doctor uses medical terms you don't understand, simply say so. Don't stop asking questions until you feel confident that you understand what they are telling you. You don't want to leave any meeting with your doctor feeling confused or bewildered about your health!*

**Invite someone to go with you.**

*Studies show that patients forget a lot of what their doctors say (completely normal!) These conversations are packed with lots of good info. Someone at your side, or by FaceTime, can take notes or help you remember your agenda. Nothing missed!*



A little prep before your doctor appointment—office or online telehealth—can make all the difference in your quality of care. Regardless of the type of appointment, make every minute count! Take time to prepare:

**A written agenda:**

- Your goals for meeting (in priority order).
- Your questions and concerns (in priority).
- Notes on how you feel physically and emotionally.

You can email this agenda to your doctor in advance or upload to their portal, if you wish. Call the office to let them know your agenda is there.

Make copies to take with you—for yourself, the doctor, and anyone who goes with you.

**A list of all current and recent medications:**

- Prescription medicines.
- Non-prescription medicines.
- Vitamins and supplements.
- Herbal remedies.
- Vaccination history.
- Details of tobacco, alcohol, or recreational drug use.

Download our **Medications Record** form to make keeping track of your medications a cinch.

**Your medical history:**

- Chronic/ongoing medical conditions or symptoms.
- Hospitalizations (why, date, and outcome).
- Surgeries (type, date, and outcome).
- Allergies.

This information may be on your electronic portal. However, it is always a good idea to have it at your fingertips. Your doctor may not have had time to review it before meeting with you – and portals can have errors! (Check your portal regularly and make sure errors are corrected.)

