

## MAKE A LIST AND PRIORITIZE YOUR CONCERNS

DO YOU HAVE A NEW SYMPTOM YOU WANT TO SHARE WITH YOUR DOCTOR?

DO YOU WANT TO GET A FLU SHOT?

ARE YOU CONCERNED ABOUT ANY OF YOUR MEDICATIONS?

## TAKE INFORMATION WITH YOU TO THE DOCTOR

LIST OF ALL PRESCRIPTION DRUGS (WITH DOSE) INCLUDING OVER THE COUNTER, HERBAL, SUPPLEMENTS AND VITAMINS.

INSURANCE CARD, NAME AND PHONE NUMBER OF ALL DOCTORS YOU SEE,

UPDATED MEDICAL RECORDS IF NEEDED



## ASK QUESTIONS

LET YOUR DOCTOR KNOW IF YOU DO NOT UNDERSTAND YOUR DIAGNOSIS OR THE INSTRUCTIONS THE DOCTOR GIVES YOU

DO NOT HESITATE TO ASK YOUR DOCTOR QUESTIONS. YOU ARE YOUR BIGGEST ADVOCATE!

DON'T LET LANGUAGE BARRIERS STOP YOU FROM ASKING QUESTIONS OR VOICING YOUR CONCERNS

# PREPARING FOR YOUR DOCTOR'S APPOINTMENT

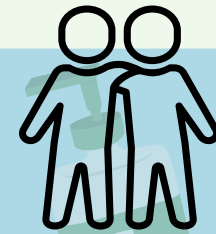


## CONSIDER TAKING A FRIEND/FAMILY MEMBER TO THE DOCTOR'S VISIT

TAKE SOMEONE WHO YOU TRUST AND FEEL COMFORTABLE AROUND

HE/SHE CAN TAKE NOTES FOR YOU AND REMIND YOU OF WHAT YOU WANTED TO DISCUSS WITH YOUR DOCTOR

DO NOT LET YOUR COMPANION DOMINATE THE CONVERSATION. THIS APPOINTMENT IS BETWEEN YOU AND YOUR DOCTOR



## REQUEST AN INTERPRETER IF NEEDED

IF THE DOCTOR YOU ARE MEETING WITH DOES NOT SPEAK YOUR PREFERRED LANGUAGE, ASK FOR AN INTERPRETER!

CALL THE DOCTOR'S OFFICE AHEAD OF TIME, AS THEY MAY NEED TO PLAN FOR AN INTERPRETER TO BE AVAILABLE.



## KEEP YOUR DOCTOR UP-TO-DATE

UPDATE YOUR DOCTOR ON YOUR LIFE SUCH AS ANY VISITS TO THE ER OR VISITS TO A SPECIALIST

LET YOUR DOCTOR KNOW IF THERE HAS BEEN ANY CHANGES TO YOUR HEARING OR SIGHT

MENTION ANY CHANGES YOU HAVE NOTICED TO YOUR APPETITE, WEIGHT, SLEEP, OR ENERGY LEVELS

