

How-to Get Ready for a Doctor's Visit

Preparing for your doctor's visit can help you make the most out of your time with your doctor and get better health care.

- Start by making a list of:
 - The reasons for your visit and what you want out of it (ex: a prescription, referral)
 - Your questions and concerns
 - What's wrong or what's changed, include:
 - what feels different or worse
 - when you started feeling this way
 - how often you feel this way
- Make sure your insurance covers the visit
- Find out what you need to bring to the visit (ex: lab results)
- Gather everything you need for the visit (ex: medication list, insurance card)

Ask a trusted person to go with you and talk to them about what you want them to do (ex: take notes, ask questions). If no one can go with you, put them on speaker phone or a video call during the visit.



If you don't have someone who can go with you, look for a support person from a local organization or ask your doctor or a friend for resources.

