

## How-to Get the Most Out of Your Doctor's Visit

### At the start of the visit

- Give your doctor the information you brought to the visit (ex: test results, medication list)
- Correct any wrong information in your records
- Tell your doctor you want to make time in the visit to discuss questions and concerns

### Partner with your doctor to get the care you need

- Tell your doctor the reason for your visit and anything else that is affecting your health
- Be open and honest
- Share things that impact your care (ex: travel issues, costs, caregiving, work schedule, etc.)

### Get information you can understand. Ask your doctor to:

- Explain any words, concepts, or math you don't understand
- Be specific (ex: if told to ice a sore foot, ask how often)
- Use "normal" everyday language
- Use visual aids

**To remember important information:** take notes, record it on your phone, or get online or print resources

### Before you leave the doctor's office, make sure you:

- Understand any instructions and next steps. If you can't do these things, tell your doctor
- Know who to contact if you have questions and how to reach them
- Leave with any prescriptions or paperwork you need



### Use the "Teach-Back" Method to Make Sure You Understand

- To use this method, repeat back what your doctor told or showed you in your own words as if you're teaching them. You can start by saying, "Let me make sure I have this right..."
- Ask the doctor to correct any mistakes or explain the information again if you don't understand something



Use your phone to record the instructions to use later.