

It's never too late to take an active role in your health care. Here are some easy ways to do just that:

- Make sure you see your doctors regularly and keep your scheduled appointments.
- During your appointment ask questions about your care and health.
- Don't wait for your doctor to ask questions.
- Give your doctor as much information as you can. Share everything – even information that might be embarrassing.
- Tell your doctor about all your symptoms.
- Keep a list of your past illnesses, operations, and treatments. Share this list with your family and bring it to your appointment.
- Bring a list of your medicines to each appointment. Include any allergies, reactions or side effects you have had from medicines. Remember to include any herbal products, alternative medicines, supplements, or over-the-counter medications.

The questions below will help you get the most out of your next medical visit. If you do not ask questions, your doctor may think you understand everything you are being told.

Remember to take this form and a pencil or pen with you. It may be helpful to bring a family member or friend to the appointment.

UNDERSTAND YOUR DIAGNOSIS	NOTES
What is my diagnosis?	
What causes this condition?	
Is there a cure or is this a chronic condition?	
What kind of testing will I have to go through?	
How soon will I get the results?	
Will you call me with the results?	
What should I do if my symptoms get worse?	
When should I call you?	
Is there an action plan for my condition and what are my treatment options?	
Do I need to see a specialist? (ex., cardiologist, therapist, etc.)	
How effective is each treatment option?	

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What are the benefits versus risks of each treatment option?	
Should I expect to have pain?	
How can you make me feel more comfortable?	
Where can I learn more about my condition?	
UNDERSTAND YOUR MEDICATIONS	
What medications do I take?	
What are my medications used for?	
How long will it take my medications to work?	
How long will I need to be on these medications?	
Are there special instructions for the medications I am taking?	
Will I experience any side effects from taking my medications?	
UNDERSTAND YOUR PREVENTION AND WELLNESS RESOURCES	
How will this affect my life?	
How will this affect my ability to work?	
What types of things can I do to help myself improve my condition?	
Even though I've been smoking for years, will quitting now still help?	
Do you think I should gain or lose weight?	
What kinds of things can I do to become more active?	
Should I be taking any vitamins or supplements?	
What additional resources are available to me?	
Are there forms I can sign if I can't speak or communicate my own wishes, so that you can speak to my family?	
UNDERSTAND WHAT IS NEXT	
When should I come back next?	
How many follow-up appointments do you think I'll have?	
If I am seeing a specialist, what role will my primary care physician play in my treatment?	
How will my doctors communicate with each other?	

Comments: _____
