



Making the Most of Your Doctor's Appointment

The average visit with your healthcare provider is about 20 minutes. You will want to make the most of your time with your healthcare provider. Here are several strategies that we recommend:

Prepare for Your Appointment:



Bring a list of current medications and make a copy for your healthcare provider



Provide information or results from other healthcare resources



Prepare a list of questions to ask during your appointment



Include your significant other or caregiver in preparing for the appointment

During Your Appointment:

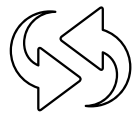
Ask the most important questions first



Take notes during the appointment



Review any decisions and next steps with medical professional at the end of the visit



Create an action plan to manage conditions and episodes



Fully describe your symptoms



After Your Appointment:

Maintain communication with your healthcare provider



Get a second opinion from another provider. Most doctors encourage them



Most primary care physicians encourage the advice of a specialist



If you have not created an action plan with your primary care provider, do so with a specialist



If you are experiencing a medical emergency, call 911

Reference list available at: <https://resphhealth.org/reference-lists/>