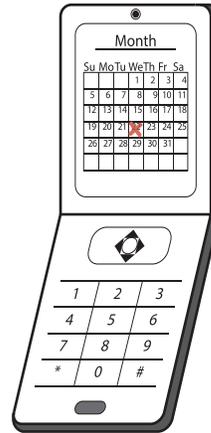


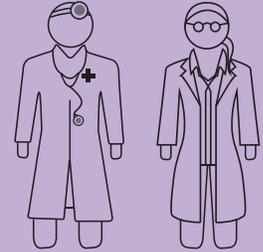
# How to Get Ready for Appointments

## 1. Schedule an appointment with your provider.

- A. Call your **primary care provider** and ask to make an appointment.
- B. Put your appointment **date** and **time** in your calendar and phone.



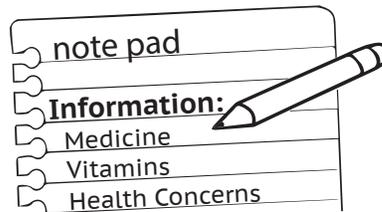
 Cancel your appointment if you cannot make it.



A **primary care provider** is the doctor, nurse, or health care professional you see for routine care.

## 2. What to do **before** your appointment:

- A. Write down names of medicines and vitamins you are taking, health concerns, and questions.



Take this information to the appointment.

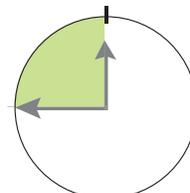
- B. Bring the name and address of a pharmacy where you will pick up prescriptions.



- C. Make sure you have reliable transportation to get to your appointment.



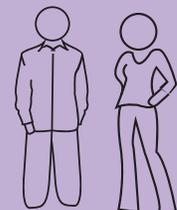
- D. Go to your appointment at least 15 minutes early. You will need time to do paperwork.



 Always bring a list, or the pill bottles, to your appointment. It is hard to remember the names and amounts of medicines and vitamins you might be taking. This information is very important.

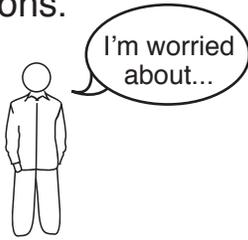


**Bring someone** you trust to the appointment. This will help you remember what the doctor said.

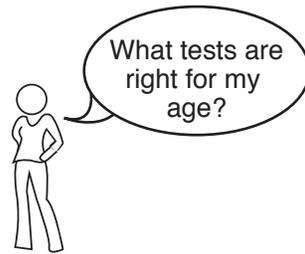


### 3. What to do **during** your appointment:

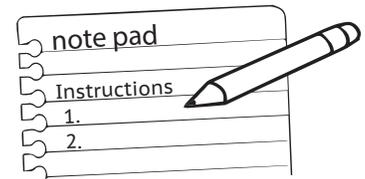
**A.** Tell your doctor your health concerns and questions.



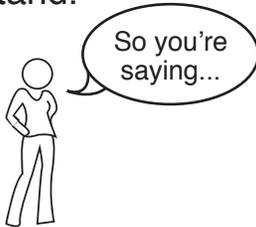
**B.** Ask what tests are right for your age.



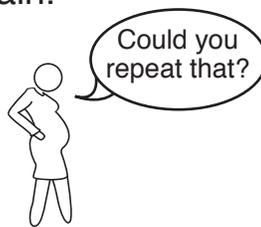
**C.** Write down instructions the doctor gives, or ask the doctor to write them.



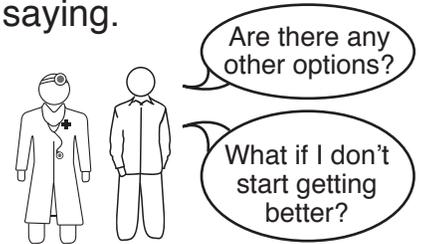
**D.** Repeat the instructions back to your doctor to make sure you understand.



**E.** If you don't understand something, ask the doctor to tell you again.



**F.** Tell your doctor if you don't understand or don't want what he or she is saying.



### Some more common questions:

What is this test for?

When will I get the results?

Are there alternative treatments?

What hospital is best for my situation?

Why do you recommend this treatment?

Does this medicine have any side effects?

Will this medicine react with something I'm already taking?

How many times have you done this surgery or procedure?

 At the doctor's office, you may pay a co-pay.

If you haven't met your deductible, you will also get a bill in the mail.

If you have met your deductible, call your insurance company if you get a bill for more than the co-pay of your service.

### 4. What to do **after** your appointment:

**A.** Read the instructions from your doctor.



 If you do not understand your doctor's instructions, call the doctor's office.

**B.** Go to the pharmacy to pick up prescriptions.



**C.** Talk to the pharmacist about how to take the medicine.

