Before:

Circle the items that you take with you to your appointment.

- Photo Identification
- Insurance Card
- My Health Card
- Support Person
- Doctor Visit Planning Tool

Name someone you trust to be your support person:

_____________________________________________

During:

What are some ways to have a good appointment?

A. Advocate for yourself by speaking up about your needs
B. Ask questions if you do not understand
C. Take notes and review them before leaving
D. Discuss any concerns you have
A _______________ appointment means that you need to see the same doctor again after a diagnoses and/or to monitor treatment.

After:

Fill in the blanks of the following sentences describing the steps you can take to help you follow your doctor’s recommendations.

Word Bank:

- lifestyle
- follow up
- medications
- supplies
- topics

1. Follow your plan for a healthy _____________.
2. Remember any _____________ appointments set by your doctor.
3. Order and pick up your _____________ and medical _____________.
4. Go over the _____________ you and your doctor discussed.