

Me and My Doctor

Topic 4



BEFORE: How to Prepare for My Doctor Appointment

Making an Appointment

The first step before going to your doctor is to make your appointment:

- Find a time that works for both you and your doctor.
- Know where your doctor is located.
- Let your doctor know if you need language services.
- Ensure the doctor's office is accessible and that they can accommodate your needs.

Hi, I need to make an appointment.

Yes, Thursday at 2:00 pm sounds great!





What are some things you might need to think about while preparing for your appointment?

Finding Transportation

If you take public transit, figure out the best route and remember your transit pass or fare money.

If you have someone drive you, make sure you schedule with them ahead of time.

If you plan to travel by car, ask your doctor's office about parking options.



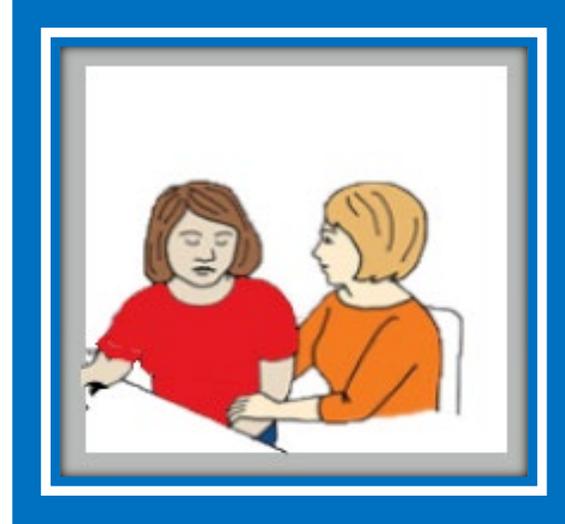
Planning with Your Support Person

Planning with your support person:

A support person is someone you feel safe with and who you can trust.

Not everyone will want or need a support person, but if you choose to have one, they can assist by helping you:

- Make your appointment.
- Fill out the “Doctor’s Visit Planning Tool” (if needed).
- Prepare for your doctor visit by role-playing or helping you make a list of things you would like to talk to your doctor about.



Asking if You will Have a Copay

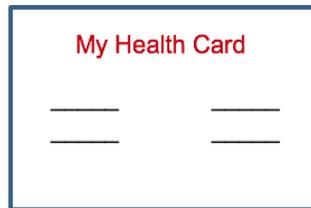
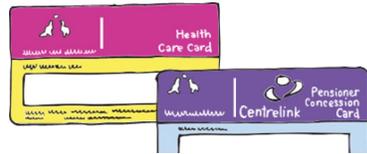
Some insurances have copays, and some do not.

Make sure and check with your insurance and see if you need to pay a copay at the doctor's office.

If you do have a copay, find out how much it is and bring the money with you to the doctor's office.



What Should I Bring to My Appointment?



Medicare/Medicaid insurance card

A support person if you want one

Photo identification

Your doctor visit planning tool

My health card or other planning tools



DURING: Getting the
Most Out of My
Appointment



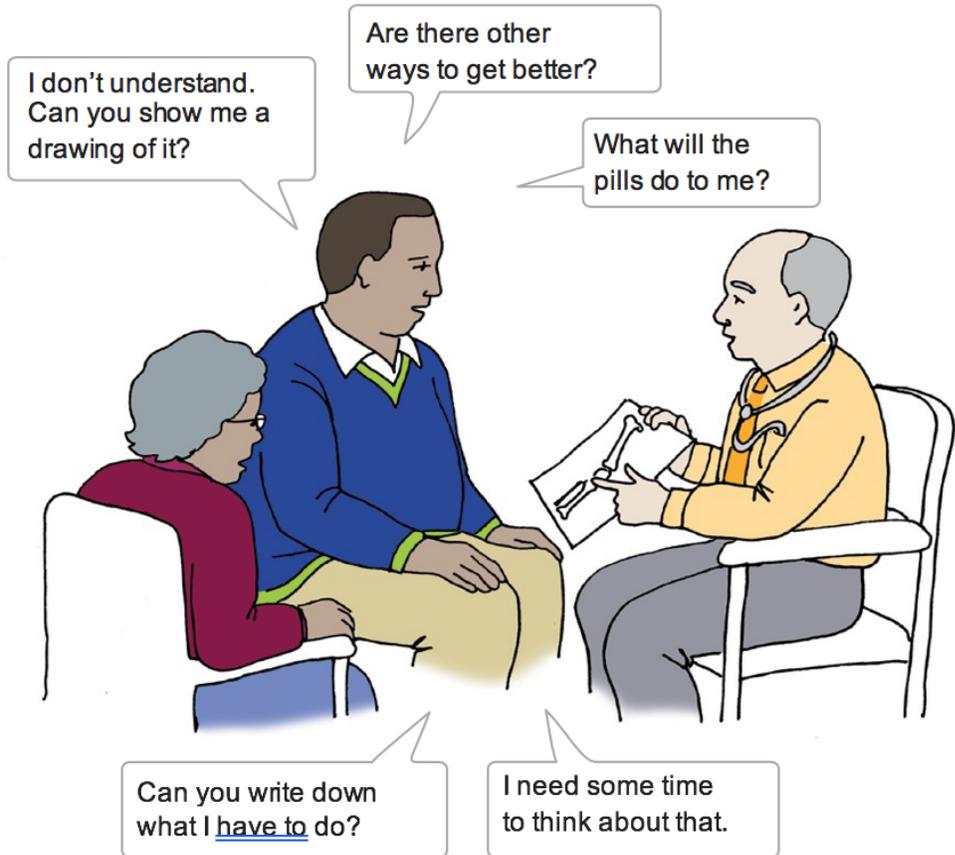
**How do you effectively
communicate with your doctor?**

Speaking Up with Your Doctor

Remember you are in charge of your **body**.

You talk to your doctor about your concerns or any changes in your health.

Review with your doctor what you discussed before you leave.



Your Support Person (Their Role)

A **support person** is someone you feel safe with and who you can trust. You can bring them with you to your appointments if you choose to.

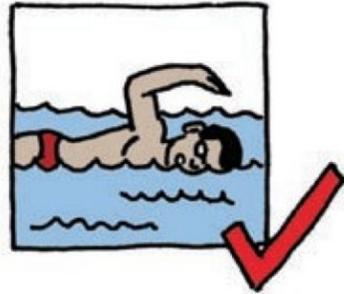
Your support person's role: To assist you or help you feel more at ease about going to visit your doctor(s).

They can help you:

- Fill out the Doctor's Visit Planning Tool before your appointment.
- Prepare for your doctor visit by role-playing or helping to make a list of things you would like to talk to your doctor about.
- Take notes during the doctor visit.
- Communicate with your health care provider(s).



Making Choices with the Doctor



You have a say in your **health**. You can make your own choices at the doctor's office.

Some of these choices could be about:

- Tests: for example, a blood test
- A plan for a healthy lifestyle: for example, being more active and eating healthier
- Medicines and treatments: for example, pills for pain and creams for rashes
- Referrals: for example, your doctor suggests you see a counselor to help with your mental health



AFTER: Following My Doctor's Recommendations



**What tools can help you remember
what you and your doctor
talked about?**

What did My Doctor Say?

How can you remember what your doctor and you talked about?

Mal has been to the doctor.

He tries to remember what they talked about.

He thinks about what will help him remember.



Check with my support person, if I brought someone

Read what my doctor wrote.

If I'm still not sure, I can call the doctor.

What are some things you might need to do after your appointment?

Things to do After the Appointment

What are some things you might need to do after you appointment?

- 1. Make sure medications and/or medical supplies have been ordered.** Find out when your items will be ready for pick up and where you can get them.
- 2. Review your appointment.** Look over the topics you and your doctor discussed. You may want to do this with your support person. Call the doctor's office if you have follow up questions.
- 3. Pick up your medications and/or medical supplies.** Make sure you go over the directions for your medications with your pharmacist.
- 4. Remember to follow your plan for a healthy lifestyle.** Try to stick to your plan. You might need support to do this. You can ask your support person to go over it with you.
- 5. Don't forget your follow up appointments.** Refer to your appointment reminder card, your calendar, or ask your support person to remind you.

Did You and Your Doctor Make a Plan for a Healthy Lifestyle?



What Did I Learn?

I can take charge of my health care when I:

- Know how to make my appointments.
- Bring a support person with me (if I choose).
- Know what to take when I go to the doctor.
- Get help to speak up if I need it.
- Tell the doctor ways to help me understand.
- Have a say and make choices.
- Choose to follow my plan for a healthy lifestyle.

Created in partnership with:

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