

Me and My Doctor - Topic 4 Worksheet

Before:

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



Photo Identification



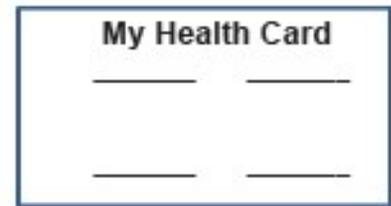
Insurance Card



Doctor Visit Planning Tool



Support Person



My Health Card or other TCMHC planning tools

Name someone you trust to be your support person:

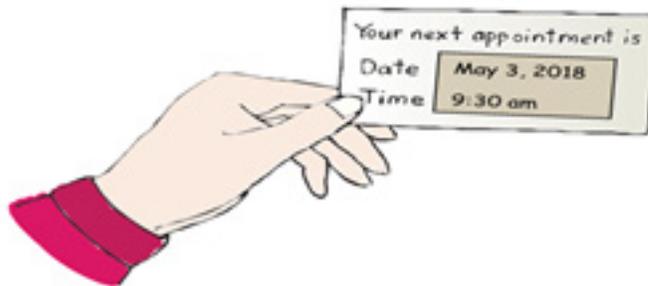
During:

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

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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.