



A map shows the location of virtual stops for the WeRIDE microtransit service in Surprise. (Courtesy WeRIDE)



# OPINION

## Take the Civility Pledge

Yes, I will do my part to help my community become a safe place for people to engage in civil discourse about public issues. Visit [iniusa.org/civility-pledge/](http://iniusa.org/civility-pledge/) to take the pledge.

## Your Opinion

Our opinions page is to provide an open forum for our readers. We hope to stimulate debate, not to dominate or control it. We reserve the right to edit our opinions, and we insist on civility. Please include your name and phone number, so we can contact you for clarification or confirmation. We welcome your photo. All opinions must be no more than 300 words.

Those that are judged as personal attacks or complaints about neighbors, businesses or other opinion writers will not be considered. No person may submit more than two opinions for publication during a calendar month. Two submissions in the same issue will not be published. The content of a submission is the responsibility of the person

## Take charge of your health journey: Be your own advocate

By Mike Kleven  
OPINIONS

Maintaining your health is a lifelong commitment. Addressing evolving priorities becomes increasingly important as we age, and we need to know how to best approach these evolving needs and more frequent visits with your doctor.

Appointments addressing specific health concerns with your doctor can be overwhelming. Complex, new information and stress can cause patients to miss important information.

How can you manage this complexity and effectively advocate for your health?

Before your visit:

- ♦ Gather and bring all your medications to your appointment.
- ♦ Bring your medical records and names of specialists you see, notes and recommendations from specialists and details of recent hospitalizations will further inform your provider. Your doctor may have access to some of these records, but systems do not always communicate with one another



Mike Kleven

♦ Take notes during your appointment. Taking notes is useful to ensure no details are lost. Often, your doctor can provide or recommend resources for further education.

♦ Consider bringing a friend or family member. Having someone you trust with you can help you remember details and decisions and provide reinforcement and accountability to the management recommendations.

Facing new diagnoses or tests:

Learning about a new health condition, test or screening can be stressful.

Questions to ask about physician-recommended tests:

- ♦ Why do you recommend this test for me specifically?
- ♦ What will we do with the information we obtain?
- ♦ What is the cost of this test? Is it covered by my insurance?
- ♦ What should I know about the test itself?
- ♦ What should I do ahead of time to prepare? How long will it take to get the results?
- ♦ Are there risks or side effects? How would they be managed?

Your primary healthcare provider is your ally, who is also there to help with sensitive medical topics and social issues that can affect your health, such

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