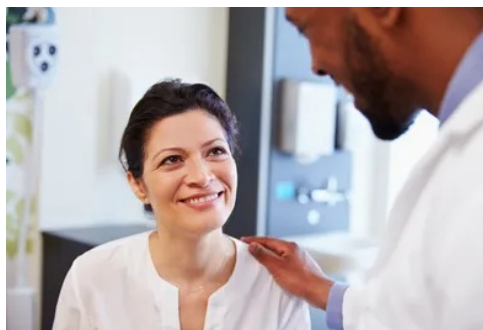


Get the Most out of Your Doctor's Appointment

Whether you are starting with a new doctor or continuing with a doctor you've already been seeing, a basic plan can help you get the most out of your appointment. The following tips will make it easier for both you and your provider to cover everything needed:



Make a list of your priorities and bring it with you to your appointment. For example, you may be experiencing a symptom that needs your doctor's attention. Or you may want to discuss flu shots. Having this list with you will ensure that you remember everything that needs to be addressed.

Make an information list and bring it with you to your appointment. This should include all medications you are taking (with dosages), insurance cards, contact information of other providers you see, and medical records.

Bring a family member or friend with you. (Be sure to call ahead and make sure this doesn't conflict with any COVID restrictions with your provider's office.) Your companion can help you stay on track by reminding you of what you planned to discuss during the appointment. This person can also take notes for you to help you remember your doctor's feedback.

Bring any aids for hearing and/or seeing such as hearing aids and/or eyeglasses. Don't hesitate to inform the medical staff if you are unable to see and/or hear. For example, you may say, *"I have a hard time hearing. Would you please speak louder?"*

Consider using a [Medcorder](#) to record and transcribe your doctor during an appointment. This will make it easier for you to remember their detailed instructions and is a win-win for both of you.

For more information about getting ready to visit your doctor:

Centers for Medicare & Medicaid Services
800-633-4227
877-486-2048 (TTY)
<https://www.cms.gov>
www.medicare.gov

MedlinePlus
NIH National Library of Medicine
www.medlineplus.gov

Agency for Healthcare Research and Quality
301-427-1364
info@ahrq.hhs.gov
www.ahrq.gov

Sincerely,

Del Norte Healthcare District Board of Directors

Kevin Caldwell, M.D.

Elizabeth Austen

Michael Young

Tonya Pearcey, R.N.

Juan Santillan

Sources:

<https://www.nia.nih.gov/health/how-prepare-doctors-appointment>

<https://www.medcorder.com/>
