

## MAKE THE MOST OF YOUR HEALTHCARE VISITS

Use this sheet to help you get ready for your next doctor's visit and then to help you afterwards. Preparing before, and following through after, can help with your health. Here are four ways you can make the most of your next appointment.



**ASK QUESTIONS.** Before any appointment you have with a doctor, write down the questions you have about your health. If you're feeling unsure about anything, it's OK to speak up. Here are some ideas for questions you can ask and a spot for you to write the answers.

How is my health? Are there any other problems or issues you are worried about? \_\_\_\_\_

What medicines do I take? What are each of my medicines for? \_\_\_\_\_

What types of exercise are OK for me? What types are not? Why? \_\_\_\_\_

Are there foods I need to eat more of? Are there any I should eat less of? Why? \_\_\_\_\_

What can I do to make sure my health is good in the future? \_\_\_\_\_

Write any more questions you have here: \_\_\_\_\_



### **BRING SOMEONE, IF YOU CAN.**

If you need help filling out forms or remembering what your doctor says, see if you can bring a trusted relative or friend to your appointment. If you can't bring someone along, ask for information about your health or your treatment that you can bring home to share with that person.



### **TURN TO TRUSTED SOURCES.**

If something on the internet seems too good to be true (or too bad!), that may be the case. Look to U.S. government health agencies, universities and medical colleges, nonprofit organizations, and nationally-known health news sources for reliable information. Ask yourself: Who's promoting this? What are they trying to get out of this?



### **BUILD YOUR LITERACY SKILLS.**

Would you like to read better? Or is English not your first language? There are lots of local classes and groups for adult learners. Start by searching the National Literacy Directory for a program near you at [www.nld.org](http://www.nld.org).