

How to Get the Most Out of Your Office Visit

Want a more successful office visit?

8 Tips for Patients

- When making the appointment, tell the scheduler the reason for your appointment—that helps the appointment scheduler to schedule enough time during the office visit (for example, a complete physical needs more time than diagnosing a rash)
- Arrive on time
- Take along any change of address or contact information to give the office staff
- Take with you a list of current medications and nutritional supplements you are taking so the doctor can make a more accurate diagnosis or assessment
- Write down a list of questions you want to ask the doctor according to the order of importance to you—you want to be sure your most pressing questions are addressed first
- If the doctor gives you a diagnosis or instructions for care that you do not understand, tell him (her) that you did not understand so the information can be given to you in a way you will understand (for example, the doctor may have brochures about a particular disease or treatment that will better help you understand, or a nurse may be helpful in explaining it in a different way.)
- Take your insurance card/s with you
- Take your checkbook or charge card for your co-pay, if applicable

Your doctor wants to provide you with the best of care—preparation on your part will improve the outcome of your visit!



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Visit the CMA on the web at www.goodhealthcolumbus.org

Issues to discuss:

1. _____

2. _____

3. _____

Symptoms _____

How often do these symptoms occur and under what circumstances _____

Describe them & when did they start _____

What have you tried to treat your symptoms? _____

Do I need a follow-up appointment? _____