



Prepare for Your Doctor Visit

Make the most of your time with your doctor

- ❑ Write down your concerns and questions about your health—then prioritize them.
- ❑ List the medications you currently take, including prescription and over-the-counter medicines, vitamins, supplements, and medicines used on your skin. *A form to list your medications is available at weatrust.com.*
- ❑ Note drug allergies and reactions on your medication list.
- ❑ If you are experiencing a number of health problems that you would like to have addressed during your visit or if you have many questions, consider asking for additional time when you schedule your appointment.
- ❑ If you've done any related research on the Internet or elsewhere, make a copy of the information to take with you.

When you see your doctor:

- ❑ Because other patients have appointments following yours, tell your doctor right away what you want to accomplish during your visit and share your questions and concerns.
- ❑ You may want to say, “I have a few questions. When would be the best time for me to ask them?”
- ❑ Be prepared for your doctor's questions about your medical history (health conditions, past surgeries) and your family's medical history (e.g., diabetes, heart disease, cancer).
- ❑ Consider selecting an advocate to accompany you to your visit—someone you trust to support you and who is not afraid to ask questions.
- ❑ Be prepared to take notes or ask your advocate to do this for you.



- Describe any symptoms you've had or are currently experiencing, including:
 - How long you've had them.
 - What triggers them or makes them better or worse.
 - What, if anything, you've done to treat them.
- Let your doctor know if you're receiving care from another health care professional.
- Tell your doctor about any health or lifestyle concerns.
- If not all of your questions are answered during the visit, arrange a time and mode of communication for your doctor to address them.

Ask your doctor:

- What has changed since my last physical examination?
- What do I need to do?
- Am I due for any routine care?
- When do you want to see me again?
- Where do you recommend I get more information about this topic?

Steps to take for safety's sake:

- Repeat what you heard back to your doctor. This will not only help you remember what to do but will ensure that both you and your doctor have a common understanding.
- If your doctor is treating you for a medical condition, make sure you understand what progress you should expect and by when.

If a treatment or procedure is recommended, see the Trust fact sheet titled, "When Your Doctor Recommends a Specific Treatment, Procedure, or Surgery."

Remember to check with your Trust health plan at (800) 279-4000 to:

- Confirm that the recommended procedure is covered under your Trust health plan.
- Notify us of an impending hospital stay.
- Get preauthorization, if needed.