

Getting Ready For Your Medical Visit

Being ready for your medical appointment can help you get the most out of your visit.

Bring the Following to Your Appointment:

Medical

- Current list of medications. (You can bring the bottles if it is easier.)
 - Include how much you take and how often you take it
 - Include over-the-counter drugs such as herbs, supplements and vitamins you take.
- Summary of personal health history, including:
 - Current and past health problems and treatments
 - Discharge instructions from emergency room or hospitalization (if you have them)
 - Immunization records
 - Any past medical records or test results you have
- Family health history, including information about diseases that run in your family
- Be prepared to describe any health problems that you are having.

Payment

(Some or all of this may apply to you)

- State ID or driver's license
- Health insurance card (if you have health insurance)
- Paycheck stub from your last paycheck
- Notarized letter of financial support (if you get temporary financial help from someone)
- Money for a copayment
- Find out if you need a referral for this visit.

Other Things You May Want To Bring

- It can be helpful to bring a friend or relative to help you write things down and share medical information.
- Paper and pen

Your Medical Visit

Your medical providers are your partners in health.

They will ask personal questions to get to know you and help you be as healthy as possible. Anything you tell your medical providers is confidential and your privacy is protected.

Tell your medical providers about anything that may affect your health, including:

- Medication you take now, that you no longer take and any you just started.
- Any holistic and herbal remedies and vitamins you take. It is important your medical provider is aware of these because of problems they can cause when taken with other medication.
- Major life change such as job loss, family death, and housing or food problems.
- Ability to pay for prescription and non-prescription drugs.
- If for any reason you feel unsafe or need help finding support services for domestic violence, or other issues.
- Information on sex, including sexual orientation, sexual practices and number of sexual partners you have now and have had in the past.
- Pregnancies or abortions you have had
- Current and history of depression, anxiety, or any mental illness
- Current and past drug use. (It is important your medical provider knows about this, even if you use illegal drugs.)
- Alcohol, cigarette, and tobacco use



What Happens During Your Medical Visit

General Health Measures (Vital Signs)

During most visits a medical provider checks your weight, height and vital signs. Vital signs include temperature, pulse and blood pressure.

Health History

You and your medical provider will go over your health history. This includes information about your family history, medical history and social history. Social history includes habits, work and relationships.

Exam

The medical provider will usually check your heart, lungs, throat and ears. Other things may be checked depending on your age, the time since your last exam and your current medical problem. Tell your medical provider about any other concerns you have.



Test Results and Your Treatment Plan

Your medical provider will go over the results of your exam and any tests. You and your medical provider will discuss the plan to treat any problems.

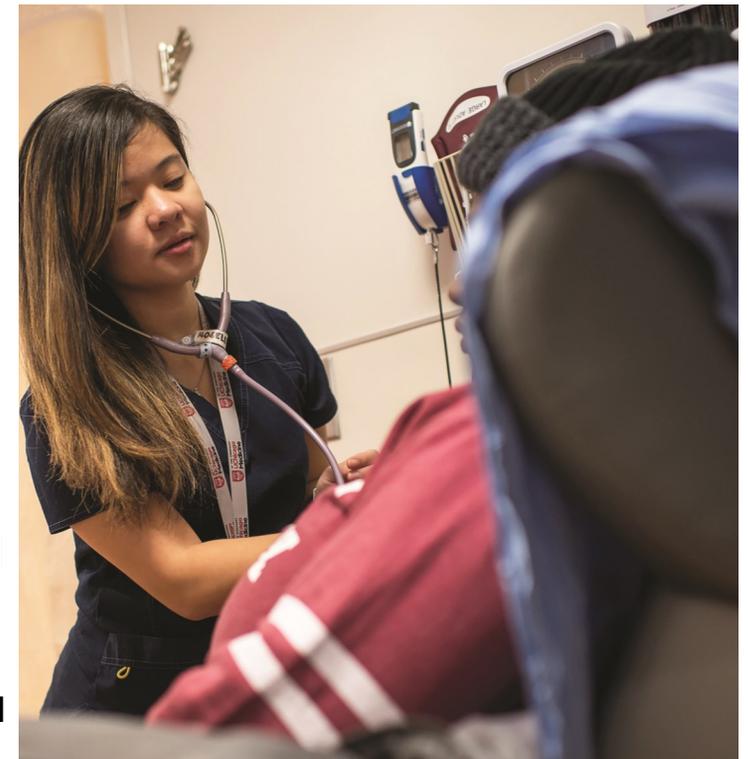
- The plan may include medication, treatments or more testing.
- It is important that you understand the plan and what you have to do. Ask questions if you do not understand the plan.
- Your medical provider will tell you if you need to come back for a follow-up appointment.

Your Role In A Medical Visit

Get involved with your health care to get the best outcome.

Speak Up. We want you to take an active role in your care.

- Tell your medical provider about your allergies or special needs.
- Ask staff to confirm your name and date of birth before taking any medication or getting any treatment.
- Make sure everyone involved in your care washes their hands or uses hand sanitizer.
- Ask your medical provider questions about any blood work, tests or medications ordered for you.
- Ask questions about your follow-up instructions if you do not understand them.
- Ask to speak to the clinic manager about any concerns or needs not being met.



Your Role In Your Child's Medical Visit

Get involved with your child's health care to get the best outcome.

Speak Up. We want you to take an active role in your child's care.

- Ask everyone who enters your child's room to tell you who they are.
- Make sure everyone involved in your child's care washes their hands or uses hand sanitizer.
- Tell your child's medical provider about any allergies or special needs.
- Ask staff to check your child's ID band before giving medication, doing any procedure or taking your child to another location.
- Ask staff to explain why your child is taking each medication, the dose and any side effects.
- Ask questions about your child's follow-up instructions or referrals if you do not understand them.
 - It is important to understand the reason for specialty care referrals. If your child needs a follow-up with a specialist ask why your child is being sent for specialty care.
- Ask your medical provider questions about any blood work, tests or medications ordered for your child.
- Ask to speak to the clinic manager about any concerns or needs not being met.



Your Role In Staying Healthy

Get Healthy and Stay Healthy

Ask the clinic for information on classes and health education materials about nutrition, exercise, health problems, and other topics.

Keep appointments here and at other healthcare sites. If you cannot make an appointment, please call to cancel.

Schedule your next appointment before leaving the clinic.

Keep Track and Bring Lists

Taking notes is one of the best ways to take charge of your health.

Bring a list of your medications or the medication bottles to every appointment.

Bring a list of health-related questions to your appointments.

Bring a list of any new health problems or symptoms. Record when they began and what makes them better or worse.

Keep a record of your medical visits, medications, procedures, results, and provider names. This is very helpful if you ever have a health emergency.

If you have a chronic condition such as diabetes or high blood pressure, your medical provider will probably ask you to log results related to your condition. Bring this record to every appointment.

Know Your Test Results

If you had a test or procedure ask your provider for results. If you have questions about the results, ask them to explain.

If you have an appointment at another healthcare site, bring back information about any test results, diagnoses or medications you received there. You can ask the other site to send information directly to us.

Before You Leave Your Medical Visit

If you have questions about anything, ask your medical provider to explain.

- Do you understand the medical provider's explanation of your problem?
- Do you understand the plan to solve your problem and what you need to do?
- Do you need any more information before you leave?
- Do you know when you need to see the medical provider again?
- Ask your medical provider if you are not sure about:
 - How much medicine to take
 - When to take medicine
 - Why you are taking medicine
 - Side effects of the medicine
 - What to do if you feel like you want to stop taking your medicine
- Ask your medical provider about any blood work or tests you had or will have and when they will have the results.

