

# MAKING MY OFFICE VISIT COUNT

*Make the most of your visits with your doctor.  
Ask the right questions and get answers!*

Have you ever gone to your primary care provider (PCP) or other doctor with several questions in mind only to forget most of them by the time you get there? Has your doctor ever given you instructions that you immediately forgot after the appointment? It happens to the best of us! Use the checklist on the back to get prepared for your next appointment.

Don't be afraid to talk openly and honestly with your doctor. If you have questions, ask them. Sharing information with your doctor and asking questions will improve the care you receive. Your doctor is there to help. We know how overwhelming it can be to prepare for a visit with your doctor. Use this checklist to help you keep track of any questions or notes you have before, during and after your visit.



## Be prepared!

Take a few minutes to fill out the checklist on the back and bring it with you to your next doctor's appointment.

### Before Your Visit

- Call to confirm your appointment. Make sure you are going to a doctor in the Peach State Health Plan network.
- Write down your questions so you don't forget them. Remember, all questions are important!
- Keep track of any symptoms you may have.
- Bring a complete list of your medications, including prescriptions, over-the-counter drugs, and supplements.

### During Your Visit

- Bring your list of questions, updated medications and symptoms.
- Ask your questions and write down the answers.
- Talk to your doctor about your diagnosis and treatment. Ask if there are any alternatives.
- Write down your doctor's instructions so you don't forget them later!

### After Your Visit

- Review your notes and pick up your prescriptions at your pharmacy.
- If you had blood work or other tests done, call for test results.
- Discuss your appointment with a trusted family member. This person may help you stay on track.
- Schedule a follow-up visit if necessary as well as your next well-visit appointment. Update your calendar.

# Office Visit Worksheet



**Complete this section before your appointments**

Doctor's name \_\_\_\_\_ Date of visit \_\_\_\_\_

List all medications you are currently taking, including over-the-counter medications and supplements.

If you need more room, make a separate list and bring it with you.

Medication	Dose (milligrams)	Time of day taken

Do you have any health concerns you want to talk about?


Have there been any changes in your family life since your last visit?

Move  Job Change  Separation  Death in the family  Divorce  Other (describe): \_\_\_\_\_

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**Fill this out during your appointment**

**Topics to discuss with your doctor:**

**Everyone:** Ask if you can get your flu shot at his or her office in the fall. Ask if you have any conditions that would benefit from aspirin therapy.

**Smokers:** Consider using your visit to talk with your doctor about quitting.

**Women:** Consider asking about family planning, well-woman exam, breast cancer screening.

**Men:** Consider asking about prostate exam, problems with urination, family planning.

<b>Prescriptions from your doctor:</b>	
Drug _____	
Is there a generic alternative? _____	Dosage _____
Instructions _____	
<b>Referrals from your doctor:</b>	
Lab _____	Specialist _____
Imaging _____	
<b>Tip: Confirm that any referrals are to Peach State Health Plan participating providers. If they are not, ask for a referral to an in-network provider.</b>	
Notes from your doctor visit: _____	
My next appointment is: _____	

**Know your numbers**

Knowing the following four numbers can help you take charge of your health.

**What is my blood pressure?**

Is it in the optimal range?  
(Goal: <140/90) \_\_\_\_\_

**What is my Body Mass Index (BMI)?**

Is it in the optimal range?  
(Goal: < 25) \_\_\_\_\_

**What is my blood sugar?**

Is it in the optimal range?  
(Goal for non-diabetic fasting: <100) \_\_\_\_\_

**What is my total cholesterol?**

Is it in the optimal range?  
(Goal: total <200) \_\_\_\_\_



**Follow up AFTER your visits**

Taking care of your health is an ongoing process. Don't forget to follow up after each of your doctor visits. Check the front of this sheet for helpful tips!

**For any questions, visit us at [pshp.com](http://pshp.com).**