



## **Getting the Most from Your Healthcare Visit**

It is important to partner with your healthcare providers to get your needs met. A partnership requires active participation from all parties involved including yourself! These suggestions are provided to facilitate your involvement in a helpful proactive manner.

At least once a year each provider's office will ask you to document basic information so be prepared to present:

- Insurance cards and picture ID
- Medication list
- Pharmacy name, location, contact info
- Allergy list (include type of reaction)
- Medical conditions and past surgeries
- Family medical history
- Other healthcare providers and contact information

Some offices will mail the forms to you ahead of your appointment so you might ask if that is an option.

The CSUMC Parish Health Ministry Team has created a form for your medication list that is available on their webpage. Check your list before taking it with you for appointments to be sure it is up to date. It should include ALL products you are taking: prescription, over the counter, vitamins, supplements, and herbals. Also, document what each is for since products may be used for multiple conditions. Other helpful information includes dose, frequency, when it was started, and who prescribed it.

Before going for your appointment:

- Prioritize your list of concerns and questions in case time does not allow for all of them. Write them down if you think you might forget one when there.
- Be specific when listing symptoms including frequency, triggers, progression of the problem, what you think the cause may be and why.
- Consider asking someone to go with you and discuss their role beforehand to ensure they don't control the visit. This person can remind you of things you want to discuss and take notes for you.

During the visit:

- Be honest! If you are not, inappropriate changes could occur or problems could go unaddressed and get worse.
- Keep an open mind; don't be fixated on preconceived ideas of tests or treatments that should be ordered. But also make sure you have a clear understanding of the plan and realistic expectations.
- Take notes, repeat back, or ask if they will write down specific instructions for you. If you have access to their patient portal ask if it can be used for follow-up questions or concerns.

Keep in mind that members of the Parish Health Ministry Team are available to help with your medication list and to help interpret and understand complex medical information.

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