



Getting Ready to Go to the Doctor





If you need to go to the doctor:

- Call the doctor's office
- Have your insurance card ready





When you call the doctor:

- Tell the person why you want an appointment
- Write down the day and time when the doctor will see you





Before you go:

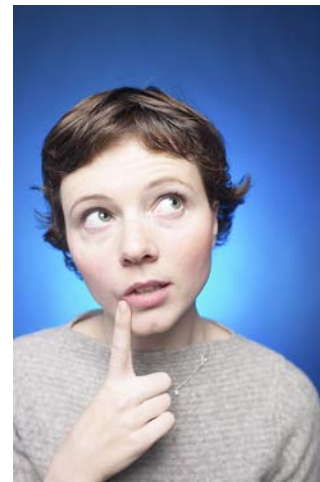
- **Make a list of your medicines:**
 - What medicines do you take?
 - How much do you take?
 - When do you take them?
 - Even write down your vitamins.





Before you go, make a list of:

- Things to tell the doctor
- Questions you want to ask





You can use the “Ask The Doctor Checklist” to help get ready.

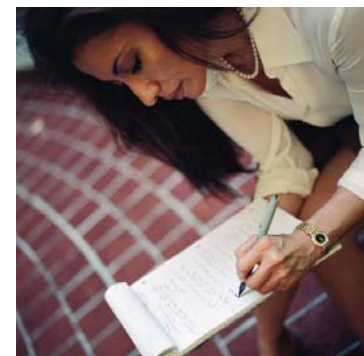
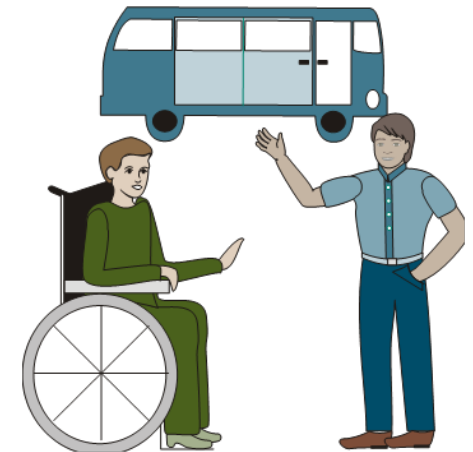
- **This checklist will remind you about:**
 - What you should bring when you visit
 - Questions you can ask your doctor





You can take someone with you.

- Go with a friend, family member, or support person.
- They can help you:
 - Make your lists
 - Remind you about questions to ask
 - Write down what the doctor says





When you get to the office:

- You may need to fill out health forms.
- You may have to wait.
- You can bring something with you (like a book or an iPod with earphones).

