

# Preparing for my doctor visit



A visit with the doctor usually only lasts about 15 minutes. So, to make the best use of your time and get the information you need, you should be prepared. Here are some tips from Amerigroup Community Care to help you get ready for your visit.

## Before I leave home

### What to bring to my visit

- A list of questions and issues to discuss with my doctor
- Pencil and paper so I can write down the main points, or ask my doctor to write them down
- All my medicines, prescription and nonprescription, plus any vitamins, minerals and herbs
- My insurance cards
- A friend or family member to help ask questions, if needed



## At the doctor's office

### What to talk about

Give information. Don't wait to be asked! I can talk about:

- My health concerns – at the beginning of the visit
- My medical history – illnesses, surgeries, medical conditions and other providers I see
- My symptoms
- My medicines and supplements
- Problems I may have from any medicines the doctor gives me

### What to ask

Ask questions. If I don't ask, my doctor may think I understand everything that was said.

- Ask my doctor to use pictures to help explain something.
- Ask questions when I don't know the meaning of a word.

### Questions to ask about my medicine

- How do I take my medicine (before or after meals, with water only), how much, when and for how long?
- What is the name of this medicine, and why am I taking it?
- When I take this medicine, should I avoid driving, certain foods, drinks, other medicines?

- What do I do if I have side effects?
- Will I need a refill? How do I get that?

### Questions to ask about prevention

What can I do to keep healthy? Should I:

- Change the food I eat?
- Do more or less physical activity?
- Make other changes?

### Questions to ask about follow-up

- If my symptoms get worse, what should I do on my own?
- When should I contact you?

### What to do before I leave the doctor's office

- Let my doctor know if I still don't understand something.
- Make sure I fully understand my diagnosis and treatment. If needed, ask a nurse or ask to see the doctor again.
- Find out how to keep in touch between visits – through the nurse, email or leaving messages at the front desk.
- Find out if my medicine is covered by my health insurance.
- Make my follow-up visit, if needed.
- Find out how I can reach my doctor when the office is closed.

## What to do after my appointment

- Make appointments at the lab for blood work or at other offices to get tests done, if needed.
- Ask my doctor about my test results.
- Find out how to get referrals to other doctors.
- Call if I have questions.

1-800-600-4441 (TennCare)

1-866-840-4991 (CHOICES)

TTY: 711

[www.myamerigroup.com/TN](http://www.myamerigroup.com/TN)

## List to bring to the doctor's office

### What to do before I leave home

Get ready, organize and make a list.

**Questions** – list the most important ones first to make sure I get answers:

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Symptoms or changes since my last visit and when they started:

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- \_\_\_\_\_
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