Talking to Your Doctor

Walk out of your appointment feeling confident in your healthcare

healthy MESA COUNTY
HealthyMesaCounty.org

Call your primary care physician before you go to the Emergency Department! It can save you time and money.

Take this with you to your appointment. Ask questions, take notes and engage in your healthcare.

Prepare for your appointment

- [ ] Write down questions that cross your mind prior to your appointment. These can include your symptoms, level of pain, potential treatments, etc.
- [ ] Bring a friend! Consider bringing a trusted family member or friend to you appointment. Often times, it is helpful to have someone else listening and taking notes. After the appointment, you will also have someone to talk to.

Questions to ask your doctor about treatments/medications.

- [ ] What is this test or medication for?
- [ ] Why do I need this treatment?
- [ ] Are there any side effects?
- [ ] Are there any alternatives to this medication or test?
- [ ] How do you spell the name of that drug or test?
- [ ] Is this treatment or medication covered by insurance?
- [ ] Are there other medical professionals or resources that I can be referred to?

Ask a question to your doctor every time you don't understand something. It's your health; you are in charge!

Take Notes: