



## How to Prepare for a Doctor's Appointment



### Overview

You're going to see a doctor soon, and you want to make the most of your appointment. But are you sure you're ready? Before you visit your doctor, it helps to prepare. These tips will help.

### Make a list

First, make some notes about your health. Do you have any health concerns? Have any new symptoms? If you're receiving treatment, are you happy with it? Have you experienced major life changes your doctor should know about? And do you need a flu shot or a vaccination? Take these notes with you so you don't forget anything important.

### Bring information

Next, gather the medications and supplements you're taking. Or make a list of everything you take, and your doses. Gather any medical records you may need, and make a list of other doctors you see. Bring these with you. And don't forget to bring your insurance card.

### Support person

For some people, it's helpful to have a family member or a trusted friend with them when they see a doctor. So bring a support person if you need one. They can help take notes for you, and help you remember exactly what your doctor says.

### Other concerns

And finally, don't forget things like reading glasses and hearing aids that you may need during your appointment. And if you need an interpreter, let the doctor's office know before you come. With a little planning, you can get the most from your visit.