

## Quick Tips for Talking with Your Doctor

You may not be the one who went to med school, but you are *the* expert on how you feel. So get the best health care by sharing what you know with your doctor or other member of your health care team and asking about what you don't. *Make the most of your health care visits by coming to each visit prepared.*

### ► What To Bring To Your Doctor's Visit

- A list of questions and symptoms (below)
- Summary results from a health risk assessment if you've taken one
- If you are taking four or more prescription drugs, bring them in a bag or make a list of them



**Health Risk Assessments**, taken at least once a year or whenever you have major health changes, can give you valuable information to discuss with your doctor.

If your employer or health plan does not offer one, try the Spokane Regional Health District's free Health Risk Assessment: <http://hsas.srhd.org/>

*Questions and Concerns  
to Talk to My Doctor About:*

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*My Personal Health Goals*

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**Know Your Benefits**—Does your health plan, employer or community center offer health and wellness programs to help you stop smoking, exercise, lose weight or other programs to keep you healthy? Your doctor may not know what your benefits are and what programs are available to you. Do some research before your visit, and bring information along with you.

### ► During Your Visit

- Bring your lists, prescriptions and assessment results and ask questions!
- Take notes or bring along a friend to help you understand and remember what was said
- Talk to your doctor about your health goals and how to make small steps toward your goals
- Leave with a record of your visit with information such as blood pressure and cholesterol



**Know Your Numbers**—Height, weight, blood pressure, cholesterol

► **After Your Visit**

- Get the tests or screenings your doctor recommends
- Follow-up with your doctor if you have a test and don't hear back about the results
- Take notes about the progress you make toward achieving your personal health goals

**MY NUMBERS**

<i>Height</i>	<i>Weight</i>	<i>Blood Pressure</i>	<i>Cholesterol</i>

**NOTES FROM MY DOCTOR VISIT**