



# Live Well, Work Well

Health and wellness tips for your work, home and life—brought to you by the insurance professionals at The Reschini Group



## DOCTOR APPOINTMENTS

The average doctor visit lasts only 15 to 20 minutes, and during that short time a great deal of information is shared between doctor and patient. With a little research and some planning, you can make sure you get all you need out of your visit.

### Preparation is the Key

While your time with the doctor may be limited, adequate planning will help ensure that you both get the information you require.

- Make a list of the questions, symptoms, and concerns that you want to discuss.
- Ask your doctor questions if you do not comprehend something. You deserve to understand all the information about your condition or treatments.
- Know your symptoms and explain them clearly to the doctor. Your doctor needs accurate and factual information in order to help. Be open and honest. Some symptoms may be embarrassing, but they may be vital to your diagnosis.
- Make sure to inform your doctor of your allergies or if you are taking any medications.
- Find a doctor with whom you are comfortable. This will make it easier for you to have open discussions, and ultimately you will receive better care.

### Ask-the-doctor Checklist

Use this checklist as a guide to help you prepare for any doctor visit:

#### Before the Visit:

- Prepare a list of any medications you are currently taking.

- Compose a list of your symptoms and concerns. If you have seen a different doctor before for a similar problem, arrange for a copy of your medical records to be sent to your current physician.

#### During the Visit:

- State your problem or concerns first.
- Describe your symptoms.
- Describe any past experiences with the same problem.

If the doctor prescribes medication during the visit, ask the following:

- What is the name of this medication?
- Can a generic drug be substituted?
- What is the purpose of this drug?
- How should I take this drug?
- Are there any potential side effects?
- Are there any other medications (prescription or over-the-counter) that I should avoid while taking this medication?

#### At the End of the Visit:

Ask the following:

- Should I return for a follow-up visit? When?
- How will I obtain my test results?
- Should I watch for any specific problems or side effects?

