

Get ready for your appointment. Use this handy **checklist**.

- Make a list of your health questions. Ask a friend or relative for help if you need it. Put the questions that are most important to you at the top of the list.**
- Make a list of other health care providers you have visited. Write down their names, addresses, phone numbers, and the reasons you visited them.**
- Take all of your medicines, in their original containers, to your appointment. Be sure to include prescription, over-the-counter, natural, and herbal medicines and vitamins.**
- Take your insurance card or other insurance information with you to your appointment.**
- If you wish, ask a family member or trusted friend to go to your appointment with you.**
- Write down the names of your team members.**
- Use your list of questions. Ask your most important questions first. Even if you cannot get all of your answers on the first visit, having a list will help you keep track of the answers.**
- Talk with your team about what health issue to work on first.**
- Be sure you know what you should do before you leave the office.**
- Use your own words to repeat back the things you've discussed with your team. This way, both you and your team will know the information is clear.**
- Ask your team about how to reach them after hours if you need to.**



What can **you** do to help?

1. Be an active team player.

- Talk with your health care team about your health questions. Share the successes and the challenges you've had with health care in the past.
- Tell your team about other health care professionals who care for you.
- Tell your team how you feel about the care you are getting from them.

2. Take care of your health.

- Follow the health care plan you and your team have worked out. Make sure you understand how to follow the plan.
- Set goals you can reach. Once you begin to see results, you and your team can discuss adding new goals.

3. Talk openly with your team.

- If you are having trouble sticking with your care plan, tell your team about it.
- If you feel your care plan is not working, speak up. Tell your team what is not working so together you can make changes if needed.

