

5 WAYS to Make the Most of Your DOCTOR VISIT

Being able to **talk with your doctor** is important, especially if you have **health problems** or **concerns**.



Use these TIPS to make the most of your doctor visit.

- 1 Prepare for your visit.**
Be ready to ask three or four questions. Share your symptoms, medicines or vitamins, health habits, and any major life changes.



- 2 Take notes or ask for written materials.**
Don't be afraid to ask the doctor to repeat or clarify important information.



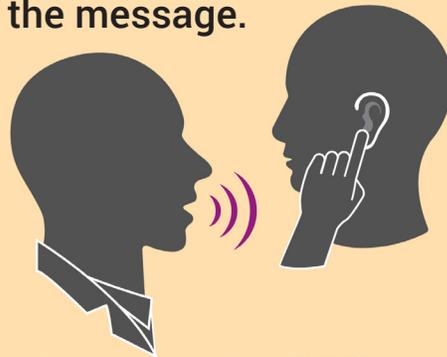
3 Make decisions with your doctor that meet your needs.

Discuss risks, benefits, and costs of tests and treatments. Ask about other options and preventive things you can do.



4 Be sure you are getting the message.

If you have trouble hearing, ask your doctor to face you when talking and to speak louder and more clearly.



5 Tell the doctor if you feel rushed, worried, or uncomfortable.

You can offer to return for a second visit or follow up by phone or email.



Learn more about communicating with your doctor:

<https://www.nia.nih.gov/health/doctor-patient-communication>.

