QUALITY MEDICAL APPOINTMENTS

How to Get Ready for Appointments



Schedule an appointment with your provider.

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A. Call your PRIMARY CARE PROVIDER and ask to make an appointment.

B. Put your appointment DATE and TIME in your calendar and phone.

Cancel your appointment if you cannot make it.



What to do BEFORE your appointment:

- A. Write down names of medicines and vitamins you are taking, health concerns, and questions.
 - B. Bring the name and address of a pharmacy where you will pick up prescriptions.
 - C. Make sure you have reliable transportation to get to your appointment.
 - D. Go to your appointment at least 15 minutes early. You will need time to do paperwork.





Primary Care Provider A primary care provider is the doctor, nurse, or health care professional you see for routine care.

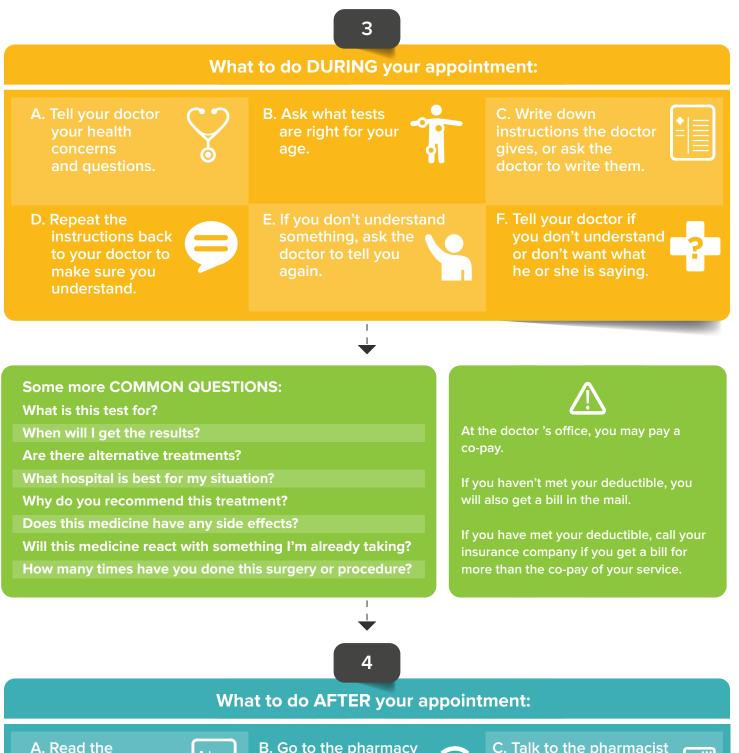


Medication List Always bring a list, or the pill bottles, to your appointment. It is hard to remember the names and amounts of medicines and vitamins you might be taking. This information is very important.

Bring someone you trust to the appointment. This will help you remember what the doctor said.

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. Read the instructions from your doctor.



B. Go to the pharmacy to pick up prescriptions.



C. Talk to the pharmacist about how to take the medicine.



 $2 \le 10^{-1}$ If you do not understand your doctor's instructions, call the doctor 's office.