Do what you and your doctor decide

- Follow your plan.
- Keep your appointments.
- Learn more about your health.

Wake County Human Services (919-250-4555) and Wake Health Literacy Coalition 10/13

It's YOUR health, be part of it —

Tips for getting the most out of your health care visits

WAKE COUNTY NORTH CAROLINA

Wake Health Literacy Coalition

. . . reaching out for better health

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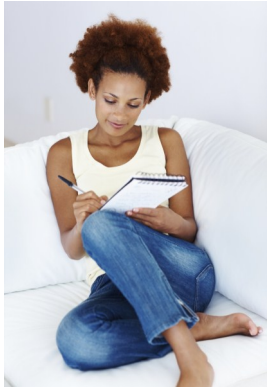
Get ready for your doctor's visit



- Write down your questions.
- Put all your drugs (prescribed and over the counter), vitamins and supplements in a bag to take with you.
- Make a list of your health problems, surgeries and doctors.
- Invite a friend or family member to go with you to help you listen, ask questions and write down the answers.

Ask the doctor or nurse these questions during your visit

- What is the matter with me?
- What are my treatment choices?
- What will happen if I do not do any of those things?
- Be sure to ask the questions you wrote down.

Tell the doctor the plan you will follow when you get home.

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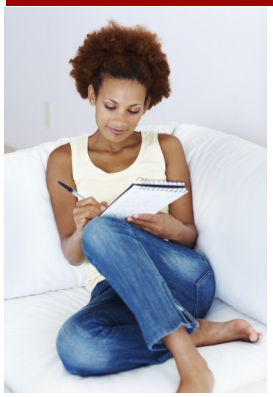

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