

**Teaming Up for a Healthy Tomorrow<sup>SM</sup>** — a program from Aetna and Magic Johnson Enterprises. Our goal is to help improve health and wellness in our urban communities.



# Plan for your next doctor visit

**It's helpful to prepare for a doctor visit. When you do, you can help make the visit more productive.**

**A smart way to get ready is to think about questions you have. Then write them down so they are handy.**

**And remember, it's always okay to ask for more information!**

## **A doctor visit checklist**

**Get ready for the visit:**

- Write down a list of questions to take with you.
- Make a list of any medicines you are taking. This includes over-the-counter drugs.
- Ask a family member or friend to go with you. They can help remind you of questions to ask.

## **During the visit:**

- Talk about your main problem first.
- Tell your doctor:
  - > how you are feeling.
  - > what you are doing or not doing to improve your health.
  - > about problems you think may be caused by your medicine.
  - > about cost worries. There may be another medicine that costs less and works the same.

- > if you are worried about getting to your visit.
- > if you have trouble understanding what he or she is saying to you.

## **At the end of the visit, ask:**

- Do I need to come back?
- What else do I need to know?

You and your doctor can work together, to help you work toward better health!

**Use the Web to get smarter about your health**

[www.askme3.com](http://www.askme3.com)  
[www.PlanForYourHealth.com](http://www.PlanForYourHealth.com)  
[www.communityvitality.com](http://www.communityvitality.com)



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