

Teaming Up for a Healthy TomorrowSM — a program from Aetna and Magic Johnson Enterprises. Our goal is to help improve health and wellness in our urban communities.



Questions to ask before a lab test or X-ray

Your doctors may order blood tests, X-rays and other tests to check on your health or help diagnose a problem. It's important that you understand how the test will help you. Use these questions and tips to be better informed about your health.



Questions to ask your doctor

- Why do I need this test? What will we learn from it?
- Is this test the only way to find out the information we need?
- What will happen during this test?
- What are the benefits?
- What are the risks?
- Will this test be uncomfortable?
- Is there anything I need to do to get ready for the test or X-ray?
- How long will it take to get the results? How will you tell me the results?
- What is the next step after the test or X-ray is done?

Things to think about

- Make sure you understand what you need to do before and after the test or X-ray.
- Ask for written instructions.
- Have a friend or family member go with you. They can help remind you of questions to ask. They can also write down the answers to your questions.
- Get a phone number to call if you have questions when you get home.
- If you don't hear from your doctor after the test or X-ray, call to get the results.

Remember, your doctor wants you to understand what's going on with your health. So, keep asking questions.

Use the Web to get smarter about your health

www.PlanForYourHealth.com
www.communityvitality.com



Community Vitality is a health literacy initiative for the public from Aetna and Magic Johnson Enterprises. Aetna is the brand name used for products and services provided by one or more of the Aetna group of subsidiary companies, including Aetna Life Insurance Company and its affiliates (Aetna). Health information programs provide general health information and are not a substitute for diagnosis or treatment by a physician or other health care professional.