

Preparing for Your Doctor Visit

Make the most of your appointment with these helpful tips!

Tips for Good Communication

- Write down the doctor's answers and directions. If you have trouble writing or worry that you won't understand what the doctor is saying, consider bringing a family member or friend with you.
- Don't withhold information – answer your provider's questions honestly. Doctors depend on your input to help them diagnose your condition and prescribe treatment for you.
- Do you need someone to translate for you during your appointment? The PCHP Language Line can help! Call PCHP Member Services at 1-888-814-2352.

What to Bring to Your Appointment

- Copies of previous tests, X-rays, or medical history
- Completed medical history questionnaire (if you've been asked to provide it)
- List of current medications, vitamins, and supplements
- Blood pressure or blood sugar logs
- PCHP insurance card
- List of symptoms, including when they started, where they are (which part of the body), how long they last, and how they feel
- List of any changes in your routine (examples: diet, exercise, sleeping patterns, etc)

NOTES

Questions to Ask Your Doctor

1. What is my (my child's) **blood pressure**? Is it normal?
2. **Diabetes**: What is my (my child's) blood sugar level? Is it normal? Am I (is my child) at risk for diabetes?
3. Do I (does my child) need any **vaccinations** (shots)?
4. How many times do I (they) need these **vaccines**?
5. Do I (does my child) need any **lab work**?
6. What should I do if I have concerns about my (my child's) mental health? (Let your doctor know if you or your child have symptoms like excessive worry, not being able to sleep, becoming easily annoyed or irritated, feeling down or hopeless, having little to no energy, or having trouble concentrating.)
7. Is there a treatment plan for me (my child)? Can I review it during the appointment?
8. Can you review my (my child's) medications, including how they work and when to take them? Do I need to be aware of any side effects of these medications?
9. Will someone from the office call me to explain test results and X-rays?
10. When do I schedule my (my child's) next appointment?