



# GETTING MORE OUT OF YOUR DOCTOR'S APPOINTMENT

The doctor-patient relationship is very important; it is built on trust and communication. Good communication with your doctor is necessary whether it is with your primary care provider, a specialist or if you are in the hospital. Here are some tips on how to keep communications open with your health care providers.



Schedule your **annual exam today**. If you do not have a primary care doctor, visit [NebraskaBlue.com/DoctorFinder](https://www.NebraskaBlue.com/DoctorFinder) or scan the code to get started.



## ASK QUESTIONS

### BE PREPARED

Making a list of questions ahead of time can help prepare you to see your doctor. If you are in the hospital, keep a notepad at your bedside. As you think of things, jot them down. If you don't understand your doctor's directions, you can ask them to repeat what was said. Bring someone with you to your appointment so they can listen to what the doctor says, ask questions and help you remember any instructions.

### KNOW YOUR HEALTH CONDITIONS

It is helpful to understand your health condition so that you can talk about it. You should be able to:

- Spot any unusual symptoms
- Recognize if you are getting better or worse
- Explain to your doctor what you are feeling

Being able to communicate openly and freely with your doctor is very important to managing illness and maintaining your health.

### CONCERNS

At each visit, your doctor will likely ask about your concerns. It's a good idea to think about what you'd like to talk about before the appointment starts. Visits are typically 10-15 minutes, so make sure to bring up your most important concerns first. Topics can include recent changes to your health or managing a chronic condition.

### MEDICATIONS

You may be taking many different medicines as well as numerous vitamins and over-the-counter drugs. It can be confusing to keep track of everything. Make a list of your medications, when you take them and for what reason. Try to bring the list to every doctor appointment.

### SCREENINGS AND VACCINES

An important part of keeping you healthy is getting screenings and vaccines. Discuss with your doctor any preventive services you may need to complete to remain up to date.