

FOR IMMEDIATE RELEASE

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**Building Trust and Communication with your Provider
"How to prepare for your doctor's visit"**

Have you ever left the doctor's office with questions or forgot to mention a concern about your health? Creating a plan before your visit will build a trusting relationship between you and your provider and help you take a more active role in improving your health.

The following tips will help you create a plan before seeing your doctor. Even if this is not your first visit, having a plan in place prior to your visit, can make it easier for you and your doctor to discuss any concerns or questions you may have.

- **Write down your symptoms and questions:** Write them down in detail on a piece of paper and take it with you to your next appointment. Writing everything down will help you avoid forgetting things.
- **Ask questions about your tests:** Your doctor might want to order testing. Ask about the purpose of the test to understand how the results might impact your health. Also, remember to ask about the cost of the tests, whether they are covered by your insurance, and who will explain the results and when.
- **Bring important health information with you:** This could include a list of your medications, past medical history, vaccines you received outside of their office, and your insurance information.
- **Consider bringing someone with you:** Sometimes it is helpful to bring someone with you to your appointment to be a second set of ears.
- **Be sure you can see and hear well:** If you use glasses or a hearing aid, be sure to bring these items with you to your appointment. Let your doctor know if you are having difficulty understanding them. Ask for an interpreter if needed.

Preparing for your doctor's appointment can benefit you and your provider by getting the most out of the time during the visit and to make your healthcare a team effort.