

Tips for Your Clinic Visit

How to be an Active Member of Your Health Care Team

When you take part in your health care, you help us to help you. The more we know about you, the better we work together to improve *all* the decisions that affect your care and well-being. Let's get started!

BE READY

For your first visit, make a list:

- Write down the answers to these **5** things. Bring the paper with you to the clinic.
 1. Names and phone numbers of your doctors. If you also see other caregivers (a nurse or physical therapist, for example), write down their names and phone numbers, too.
 2. The name and phone number for your pharmacy.
 3. Your medicines. Be sure to include all your prescriptions, the vitamins you take, and any herbs you take. Also write down over-the-counter medicines (that you buy off the shelf at the store), like aspirin or Tylenol.

For all your follow-up visits:

- Let us know if anything has changed since your last visit.
 1. Have you seen a different doctor?
 2. Did you change drug stores?
 3. Did you start or stop taking any medicines, vitamins, or herbs?

Don't forget 4 & 5!

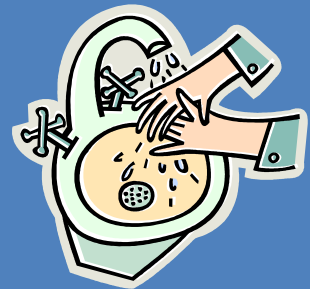
For your first visit and your follow-up visits:

4. Please write down any concerns or questions you have about your health.
5. Did you recently get a vaccination or have any tests? Write those down, too.

Bring a trusted friend or family member, especially if you're stressed or think you might be misunderstood.

ASK QUESTIONS

- Ask these 3 questions at your visit:
 - What is my main problem?
 - What do I need to do?
 - Why is it important for me to do this?
- Ask more questions if the answers seem confusing to you. Understanding the answers will help you take care of yourself.



Wash your hands frequently!

WHAT HAPPENS NEXT?

- Did you have tests? If you did, ask how and when you will get the test results.
- When you check out, you should be given an "After Visit Summary" sheet. This paper will tell you when your next visit will be. It also will tell you what you should do to care for yourself. Read and follow your instructions.
- Did you sign up for *MyChart*? You can use *MyChart* to communicate with your health care team, see parts of your medical records, and more. <http://www.urmc.rochester.edu/patients-families/mychart/>

Thank you for choosing UR Medicine for your health care!