

# Your Doctor Needs Your Help

## Let's Get Back to the Doc!

### BECAUSE YOUR HEALTH MATTERS

*Did you know?*



Good communication with your doctor can lead to better medical outcomes, such as reduced pain and better recovery from symptoms. *Source: CDC*

## What should you do?

**5 questions to ask your doctor about any test, procedure or drug recommendation:**

1. Is it necessary?
2. Is it safe?
3. What is the alternative?
4. What is the timing?
5. What is the cost?

*Source: AHealthcareZ*

**TIP:** It's never rude to seek a **SECOND OPINION** (some health plans even require it in some instances).

### Preparation is key to good communication

- Maintain and provide a complete, accurate and organized personal health record (on paper or online through your provider or carrier).
- Prepare for doctor visits in advance. Write down your questions and take notes.

**Don't wait to be asked: tell your doctor how you feel physically and emotionally**

**If you are diagnosed with a serious illness or chronic condition, ask your doctor:**

1. What is the technical name of my disease or condition, and what does it mean in plain language?
2. What is my prognosis (outlook for the future)?
3. How soon do I need to decide about treatment?
4. Will I need any additional tests, and if so, what kind and when?
5. What are all of my treatment options?
6. What are the pros and cons of my treatment options?
7. Is there a clinical trial that is right for me?
8. Now that I have this diagnosis, what changes will I need to make in my daily life?
9. What organizations do you recommend for support and information?
10. What resources (booklets, websites, audiotapes, videos, DVDs, etc.) do you recommend for further information?

*Source: Agency for Healthcare Research and Quality*

## It's Time to Get Back to the Doc!