

ON THE ROAD TO

# Better Health Care

*Learn how to get the most out of doctor visits.*

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## PLAN AHEAD

Before heading to a doctor's appointment, write down a list of questions to ask. Also, bring a list of all the medicines you take.

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## ASK FOR WRITTEN INFO

Before leaving the doctor's office, get written information about your condition and treatment.

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## SHARE WITH YOUR DOCTOR

Make sure to ask many follow-up questions, and to share beliefs regarding your treatment.

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## REVIEW TEST RESULTS

Make sure to receive any test results, and ask your doctor to go over the results with you.



### *Why is it important to be an active patient?*

Staying active in your health care ensures that you better understand treatment options and make decisions based on your values and preferences. This will make you more satisfied with your care and will give you better medical results.