

Your Time Is Valuable

To keep your office time focused, let's get the "house-keeping" issues out of the way now.

- Please arrange to have your previous practitioner or pediatrician transfer medical records to us. You can request this by calling that office or by mailing in the form available online at www.prohealthmd.com. If you can't do this before your appointment, please do it as soon as possible. Only you can authorize the transfer for yourself, and the transfer of a child's medical records can happen only with the permission of a parent or guardian.
- Arrive 15 minutes early to register and fill out forms on your or your child's health history. Or, find the questionnaire at our web site above and fill it out at home.
- Bring your insurance card—and please remember to bring it for every visit. This helps us stay up-to-date on insurance coverage and billing issues.
- Please schedule a physical. This comprehensive exam allows us to get an overall view of your or your child's health picture.

Before Your Appointment

Below, you'll find a list of questions and suggestions. The answers will help you and your practitioner assess the medical needs of you or your child and find the right solutions.

- What prompted you to make this appointment?
The average patient has three concerns; making a list to bring with you is a good idea.
- Bring an accurate list of the medications you or your child are taking and their dosages—include over-the-counter medications, vitamins and any supplements.
- If medications have been switched recently—or if the dosage has been changed—your practitioner will need to know.
- Are allergies an issue, and have any new ones cropped up lately?
- Have you or your child recently seen a specialist or visited an emergency room?
- Are any particular stresses part of life right now?
Stress can affect both physical and mental health, and we want to treat each of our patients as a whole person—not just an isolated physical problem.

During Your Appointment

- The practitioner will begin the appointment by listening carefully to you and/or your child. He/she will then ask questions and follow with a physical exam.
- He/she will discuss the findings, what the cause may be and what you can do together to deal with the problem. If you feel unsure about any step in the process let the practitioner know.
- **We encourage you to ask questions!** For instance, you might ask: What caused this particular problem? What can I do to prevent a reoccurrence? What are the side effects of this particular remedy? How soon should this medicine take effect? Will this drug interact with any of my other medications? Taking notes during your discussion is a good idea.
- Don't hesitate to request to have any instructions written down. If it makes you more comfortable, feel free to bring a relative or friend to your visit. If you would like to have a chaperone during your exam, please let us know. Your comfort is important to us. An assistant is present for all gynecological exams.
- Discuss any follow-up care with your practitioner. Will you or your child need more tests and when? Is a return visit necessary? And what steps should be taken if the problem doesn't improve?

ProHealth

Check ProHealth's web site at www.prohealthmd.com for more information about health issues and access to your practitioner via e-mail.