



## Before Every Health Care Visit

Because we at ProHealth take communications seriously, you'll find a list of questions and suggestions below. They highlight information that is helpful for your health care provider to have at every visit. Many of the answers may already be in your health records, but if you know the facts, too, then you and your practitioner can work more efficiently to assess your medical problems, improve your sense of well-being and find solutions that are just right for you.

- What prompted you to make this appointment? The average adult patient has three concerns so making a list to bring with you is a smart idea.
- Bring an accurate record of the medications you are taking and their dosages—include over-the-counter medications, vitamins and any supplements.
- Have you switched medications recently or changed your dosage? Your practitioner will want to know.
- Do you have allergies, and have any new ones cropped up lately?
- Have you recently seen a specialist about a particular problem or visited an emergency room?
- Think for a moment about any particular stresses in your life now. Stress can affect both physical and mental health, and we are interested in treating you, the whole person, and not just an isolated physical problem.
- Please remember to bring your insurance card.

## During Your Appointment

- Your practitioner will begin your appointment by listening carefully to you. 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 alleviate the problem. If you feel unsure about any step in the process let your practitioner know.
- **We encourage you to ask questions! For instance, you might want to know: What might have caused this problem? How can I 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.**
- Please feel free to bring a friend or relative if you would feel more comfortable being accompanied by someone. If you would like a chaperone during your exam, please let us know. Your comfort is important to us. An assistant will be present for all gynecological examinations.
- Don't hesitate to ask to have any instructions written down.
- Discuss any follow-up care with your practitioner. Will you need more tests and when? Should you return for another visit? And what steps should you take if the problem doesn't improve?

# ProHealth

Check ProHealth's web site at [www.prohealthmd.com](http://www.prohealthmd.com) for more information about health issues and access to your practitioner via e-mail.