

**BETTER IS:**



# GETTING THE MOST FROM YOUR OFFICE VISIT!

*Being prepared for your appointment helps you focus on your health.*

The time you spend with your doctor is important. Be sure to ask questions and talk openly about your health.



**Fill it out!**

*Use this checklist to make your office visit count.*

For your convenience, write your upcoming appointment details here:

Doctor's Name \_\_\_\_\_

Date/Time \_\_\_\_\_

Address/Suite # \_\_\_\_\_



## Before Your Visit

- Call to confirm your appointment. Make sure you are going to a doctor in the Ambetter network.
- Write down any questions you may have. You'll find some suggested questions on the other side of this checklist.
- Also note any symptoms or conditions you may have.
- List any medications you're taking, including prescriptions, over-the-counter drugs and vitamins or supplements.



## During Your Visit

- Bring this checklist with you to remind you of topics you want to discuss.
- Use this checklist to take notes during your appointment.
- Talk with your doctor about your overall health, diagnosis and treatment. Discuss in detail or explore the options open to you.
- Before you leave, schedule your next appointment. Record it on this checklist and add it to your calendar.



## After Your Visit

- Review your notes and pick up any prescriptions from your pharmacy.
- If you had blood work or other tests done, expect the results according to your doctor's instructions.
- Discuss your office visit with someone you trust. Sharing your experience can help you stay on track with treatment plans.

# BETTER IS: TAKING CONTROL OF YOUR HEALTH



Use this side of the checklist to prepare for your appointment.

## Some thought-starter topics for your office visit:

- Are you taking any medications? If so, are you experiencing any side-effects?
- Are you up to date on your flu vaccination and preventive screenings (colorectal, prostate and/or breast cancer, diabetes/blood glucose, etc.)?
- Do you have an exercise routine?
- Do you have any pain or condition that bothers you frequently or prevents you from doing everyday things?
- Do you have trouble sleeping? Feel down?

I am currently taking these medications/supplements	Dose	Time of day taken

## I have these questions/concerns:

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## Notes from my office visit for follow-up:

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**Tip!** Confirm that any referrals are to Ambetter participating providers. If they are not, ask for a referral to an in-network provider.

My follow-up appointment is: \_\_\_\_\_



**Remember to follow up after your visit!**

Taking care of your health is an ongoing process. See the front of this checklist for helpful reminders on what to do after your appointment. And if you have any additional questions, visit us online at [Ambetter.AbsoluteTotalCare.com](http://Ambetter.AbsoluteTotalCare.com).