



Patients- Take **PART!**

Get the most out of your **health care visit**

It's important to work with your health care team when you are managing a health condition.



Prepare for your visit

Ask Questions

Repeat

Take action!

You are an important member of your health care team!



Get the most out of your Health Care Visit!



Prepare

It is important to be prepared for your visit to make the most out of your time

- Bring your MCP with you
- Write down your questions or concerns BEFORE and bring your notes with you
- Keep track of what is going on in between your appointments in your notebook so that you can update your provider
- Report changes in your health
- Bring a list of your medications & dosages
- Wear your glasses and hearing aides if you use them!
- Bring a family member or friend who you think may be helpful (they may hear some things you miss!)

Ask

Don't be afraid to ask questions

- Ask what you want to know about your diagnosis, tests, medication, plan for follow-up
- Ask your provider to repeat what they have said if you didn't get it the first time

Repeat

Repeat back key points talked about during the visit

- Say to your provider "I want to make sure I understand, did you say " " .
- Listen when your provider repeats back to you what they understood from you and provide clarification if needed
- Providers sometimes use complicated words, ask them to repeat it in a more simplified way- "I am sorry, I don't quite understand you, can you explain?"
- If you don't think your provider heard you or your issue was not addressed, repeat it. "Sorry but I am still concerned about...."

Take Action

Before you leave your visit make sure you know what to do next

- Ask if you should/can make a follow-up appointment with your provider
- Tell your provider if you *cannot* do what they have asked or suggested you do
- Ask your provider how you will get your results and what timeframe you should expect. Ask them what you should do if you do not hear back within that timeframe

