

Tips for Your Doctor's Office Visit

How to be an Active Member of Your Health Care Team

WHAT TO BRING:

- A trusted friend or family member, especially if you are stressed or think you might be misunderstood
- Your concerns or questions about your health
- A list of your medicines (you can bring the bottles or pictures of the labels instead)
 - all your prescriptions
 - vitamins
 - any herbs
 - over-the-counter medicines, like aspirin or Tylenol
- A list of recent treatments (received since your last visit or within the past 2 years)
 - vaccinations
 - surgeries
- Names and phone numbers of:
 - your doctors
 - other healthcare providers (like a nurse practitioner or physical therapist)
 - your pharmacy

ASK QUESTIONS:

- If you are unsure, ask your doctors these 3 questions at your visit:
 - What is my main problem?
 - What do I need to do?
 - Why is it important for me to do this?
- Speak up and ask questions if your doctor is unclear or confusing.

AFTER YOUR VISIT:

- When you check out, you will get an "After Visit Summary" listing your next visit and any other information from your doctor.
- If you have more questions, you can use *MyChart* to message your health care team, see parts of your medical records, and more. To sign up at: [MyChart.urmc.rochester.edu](https://mychart.urmc.rochester.edu)

Thank you for choosing UR Medicine for your health care!