



What You Need to Know About Your Appointment

When you have a medical appointment, there are a few things you should know in order to make the most of your visit:

1. What is the purpose of the appointment? Know why you are seeing the healthcare provider and what you hope to accomplish during the visit.
2. Who will be attending the appointment with you? You may want to bring a family member or friend to your appointment for support or to help you remember what was discussed.
3. What should you bring to the appointment? Make sure to bring your insurance card, identification, and any relevant medical records or documents. You should also bring a list of any medications you are taking, including the dosage and frequency.
4. What should you expect during the appointment? The healthcare provider will ask you questions about your health history, current symptoms, and any concerns you have. They may also perform a physical examination or order tests.
5. What should you ask during the appointment? Make a list of any questions you have for the healthcare provider. This can help you get

the information you need and ensure that all of your concerns are addressed.

6. How will you follow up after the appointment? The healthcare provider may give you instructions for follow-up care, such as taking medication or making a return appointment. Make sure you understand these instructions and follow them as directed.

By being prepared for your appointment and actively participating in your healthcare, you can improve your health and get the most out of your visit.