

Top 10 tips on how to get the most from your visit to a provider's office

1. Confirm your appointment date, time and location (if your provider has more than one)
2. Before your visit with a provider, write down a list of questions and concerns you want to discuss with your provider.
3. Consider bringing a close friend or family member with you.
4. Take notes about what your provider suggests.
5. Make sure you understand the best way to communicate with your provider and the provider's office.
6. Nurses and pharmacists are good sources of information so do not hesitate to consult with them.
7. Be honest and upfront about your health and your healthcare goals so you and your provider can work together and you can make smart choices about your health.
8. Do not assume your provider knows anything that you personally have not shared with them.
9. Be sure to inform them of every medication or supplement you take, whether it's a prescribed drug or over the counter. Include any drug that you use recreationally such as marijuana. Remember your health information is completely 100% confidential.
10. Make a commitment to complete a Living Will.