

4 Simple Tips to Make Your Doctor's Visit More Effective

Has your mind gone blank during your doctor's appointment? Have you had several questions and a few concerns ready to bring up during your doctor's appointment, but when the time came, you couldn't think of anything to say?

If this happens to you, you are not alone. Here are a few tips you can use to make your doctor's visit more effective and help you get the most out of your time with your doctor.

1. Bring a List of Questions & Write Down Information

- Write your questions down as they come to you
- Leave a sheet of paper on the fridge in your home or a running list in a "Google Keep" on your phone
- Prioritize the most important questions so you get to those first
 - If you don't have time to discuss everything, ask whether you can follow up by phone or through your patient portal
- Bring paper and pen, or use your phone to take notes and answers to your questions during your visit

2. Utilize your Patient Portal

- Use your portal to manage your account, communicate with your doctor, manage your appointments, set up alerts for reminders of your appointment

3. Be Early to Your Appointment

- Arrive 15 to 20 minutes early for your appointment to fill in forms and use wait time to review what you want to ask your doctor

4. Be Honest with your Doctor

- Be direct, tell your doctor you have a list of things you want to discuss
- Bring up family history, especially if it concerns you
- You should not feel embarrassed or ashamed to talk about anything with your doctor
 - Leaving out details or lying to your doctor can be bad for your health because it affects your care, so tell your doctor everything

For more information on how to prepare for your doctor's visit, email us at OTI@salus.edu today!