

Feel More Informed and Confident at Your Next Doctor's Visit

Have you ever walked out of a doctor's appointment feeling confused, frustrated or unsure about next steps?

You are not alone. More than 80% of patients forget what their doctor talked about before they get home. Reading and filling out medical forms can be difficult as well.

The good news? You can improve your health literacy skills to get the most out of your doctor visits and make important decisions about you and your family's health.

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Ask Questions

Before your next doctor appointment, prepare in advance by writing down the questions you have, such as:

- Are there any problems or issues you are worried about?
- What medicines do I take? What are each of my medicines for?
- What can I do to be healthy in the future?

Take Notes

Remembering everything your doctor says can be hard. Write down any important information. Your doctor might also type notes for you. File those notes in an easy-to-find place at home.

Bring Someone If You Can

A relative or friend can support you, which can be extra helpful if you are not feeling well. They can help you fill out forms and write down the doctor's instructions.

Use Trusted Sources

Beware of inaccurate information on the Internet. Look to state and US government health agencies, universities and medical colleges, nonprofit organizations, and reliable health news sources.

Be confident! Make it a goal to walk away from your next appointment knowing exactly what you need to do next. If you're feeling unsure about anything, speak up and ask for help.

Top 10 Questions to Ask Your Doctor

1. *Have you ever walked out of a doctor's appointment feel confused, frustrated or unsure about next steps?*

2. *What screening tests are recommended for me?*

3. *What vaccines are recommended for me?*

Top 10 Questions to Ask Your Doctor

4. *Is my weight at a healthy level for my height?*

5. *What health goals should I set?*

6. *What can I do with my lifestyle to improve my health?*

Top 10 Questions to Ask Your Doctor

7. *Are my feelings of sadness/anxiety/stress normal?*

8. *Are there less expensive options for my medications?*

9. *What are the side effects of my treatment?*

Top 10 Questions to Ask Your Doctor

10. *When will I receive my test results?*

Additional Notes
