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5 Ways to Make the Most of Your Doctor Visit

Communicating well with your doctor is key to receiving good health care. Learn how to have an effective conversation with your doctor.

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5 WAYS to Make the Most of Your DOCTOR VISIT

Being able to **talk with your doctor** is important, especially if you have **health problems** or **concerns**.



Use these TIPS to make the most of your doctor visit.

1 Prepare for your visit.

Be ready to ask three or four questions. Share your symptoms, medicines or vitamins, health habits, and any major life changes.



2 Take notes or ask for written materials.

Don't be afraid to ask the doctor to repeat or clarify important information.



3 Make decisions with your doctor that meet your needs.

Discuss risks, benefits, and costs of tests and treatments. Ask about other options and preventive things you can do.



4 Be sure you are getting the message.

If you have trouble hearing, ask your doctor to face you when talking and to speak louder and more clearly.



5

Tell the doctor if you feel rushed, worried, or uncomfortable.

You can offer to return for a second visit or follow up by phone or email.



Learn more about communicating with your doctor:

<https://www.nia.nih.gov/health/doctor-patient-communication>.



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