



Getting ready for your Healthcare Provider's Appointment

Before your next Healthcare Provider (this could be a physician, physician's assistant or nurse practitioner or any healthcare provider you see) appointment, take a minute to fill this out. This will help you remember what you want to tell your Provider. If you need help, ask a friend or family member. You can call the ICHP Service Center at 855-959-7340. This is to help you have a better appointment. You do not have to give it to your Provider, but you can if you want.

Getting ready for your appointment

1. **Questions for your Provider.** Before each appointment, write down a list of problems and questions to talk to your Provider about.

2. **Details about your problems.** Give your Provider more details about your problem(s). Be truthful. If you are embarrassed about your problem, ask if a nurse or family member can be in the room. If it's hard to talk about your problem, write the problem down on paper and give it to your Provider to read.

- a. My problem: _____
- b. How long I've had the problem: _____
- c. How serious I think my problem is: _____
- d. My problem (**is/is not**) causing pain. My problem (**is/is not**) keeping me from doing my day to day work (circle the answer that applies to you).
- e. My problem (**is/is not**) affecting my work or other family members (circle the answer that applies to you).
- f. I (**have/ have not**) lost time at work because of my problem (circle the answer that applies to you).

3. **Medications.** Bring a list of all medications you are taking. Tell your Provider the dose, and whether or not you take the medicine as prescribed. Also, tell your Provider about vitamins and supplements and how much you are taking.

- a. The medicines I take that help me are: _____

- b. They help me because: _____

c. The medicines that cause problems or side effects are: _____

d. The side effects they give me are: _____

4. Other things you think your Provider should know about. Sometimes, things in our life can affect our health, even if we don't think they have anything to do with our health. For example, losing a loved one, getting fired from a job, getting divorced (or getting married), or moving, can have an effect on our health. If you've had serious stress in your life, make sure to let your Provider know.

a. I (**have/have not**) had stressful things happen in my life recently (circle the answer that applies to you).

b. The stressful things that have happened to me are: _____

5. Other Care. Tell your Provider if you are being seen by another Provider. Did you get care somewhere else? For example, did you go to the emergency room or see a specialist your Provider didn't refer you to? Do you receive massage therapy or alternative medicine therapies?

Sign all "releases of information" before you leave the office. This way, your Provider and specialist can talk to each other about your care.

a. I am also seeing (add name of Provider) : _____

b. This Provider is treating me for: _____

e. I (**am/ am not**) getting behavioral health counseling (circle the answer that applies to you).

f. I am getting mental health counseling from (name of counselor or program): _____

g. I (**have/have not**) been to the emergency room recently (circle the answer that applies to you).

h. I need to sign a release so you can talk to other Providers (add name of Provider):

_____ about my care.

6. Before you leave your appointment. Ask questions. Ask your Provider to explain things that aren't clear. Ask him or her to repeat instructions to make sure you understand them.

a. Do I need another appointment? (**yes/no**) (circle the answer that applies to you).

b. What do I have to do between now and my next appointment? _____

c. Who do I call if I have an urgent or serious health problem before my next appointment?

d. What should I do if I get side effects from my new medications? _____