



How can you prepare for appointments?

We are using two new tools to help you prepare for appointments and be an active member of the health care team.

The Patient Prep Card helps you think about what you want to talk about and what your health goals are.

The Patient Prep Card is a form titled "Be Prepared" with the instruction "Fill in this card and bring it to your appointment." It includes sections for "Today I want to talk about" with a numbered list (1, 2, 3), "My questions are", and "My health goals are".

The Patient Note Sheet gives you a place to write things down to help you remember important information after you leave.

The Patient Note Sheet is a form with sections for "What did the doctor tell me?", "What medicine do I need to take? How do I take my medicine?", "What tests, lab work, or what are my test results?", and "How do I take my medicine?".

What do you need to do?

Before your appointment:

Use the Patient Prep Card to write down the most important things you want to talk about. A staff member can help you do this.

Write down your questions. You can find a Question Builder on the Agency for Healthcare Research and Quality Web site.

Write down your health goals.

During your appointment: