



# Tips on How to Better Communicate with your Doctor: Making the Most Out of Your Visit

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As you get older and are pushing towards becoming as independent as possible, it's important to understand the need to take charge of the different aspects of your life. Sometimes we're forced to do things that we may not feel comfortable with, at first, but with enough experience, your confidence begins to build.

One of those things is speaking with your healthcare provider. This may include but isn't limited to doctors, nurses, and office

staff. Here are a few tips that I use or have used to make the most of my appointments; I hope it will help you on the road to independence.

1. Learn about your diagnosis and how it may affect you! This is, hands down, the most important step. TRUTH, "Nobody knows you like you know yourself."
2. Before your scheduled appointment, bring a written list of questions and

concerns that you may be seeking answers for. If you're forgetful, like I am, this is a great way to stay organized and maximize the time you spend with your healthcare providers.

3. Take notes! Jot down the important points that are mentioned during your appointment. If possible, ask your healthcare provider for a copy of his summary notes regarding your visit prior to leaving.
4. Stay organized. Bring a medical record binder or folder with you when you go to your appointment. In there, include things such as doctor's notes, scripts, medical records, and insurance information.
5. Bring a close family member or friend with you to your appointment.

For more tips and resources for communicating with your healthcare provider, visit <https://www.nih.gov/institutes-nih/nih-office-director/office-communications-public-liaison/clear-communication/talking-your-doctor>

[www.gottransition.org](http://www.gottransition.org)



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