

# QuickTips

For Improving Your Health Care Experience

## INTERACTING WITH YOUR HEALTH CARE TEAM

**You can help yourself get the best results by being an active member of your “health care team.”**

Your health care team includes:

- ➔ You!
- ➔ The doctor, physician assistant, nurse practitioner, or other professionals who prescribe your medicine or are in charge of your care.
- ➔ A nurse who helps you at home, a doctor’s office, or a hospital.
- ➔ The pharmacist who fills your prescription and can answer questions about your medicines. 

### TIPS FOR INTERACTING WITH YOUR HEALTH CARE TEAM

- ▶ Write your questions down ahead of time.
- ▶ Keep a list of questions you want to ask your health care team.
- ▶ Take the list to your appointments.
- ▶ Give information. Don’t wait to be asked!
- ▶ You know important things about your symptoms and your health history. Tell your doctor, nurse or pharmacist what you think he or she needs to know.
- ▶ It is important to tell your doctor, nurses, and pharmacist personal information—even if it makes you feel embarrassed or uncomfortable.
- ▶ Bring a “health history” list with you, and keep it up to date. You might want to make a copy of the form for each member of your family.
- ▶ Be sure to write down what your health care team tells you about your medicine or treatment plan so you remember later.
- ▶ Bring a friend or family member with you when you visit the doctor. Talking over what to do with someone you trust can help you make better decisions.
- ▶ Try to use the same pharmacy so all your prescription records will be in one place.
- ▶ Keep a list of all the medicines, vitamins, and dietary supplements or herbs you take. Add new medicines to the list when you start taking something new or when a dose changes. Show the list to your doctor and the pharmacist.
- ▶ Make a copy of your list. Keep one copy and give the other to a family member or friend.
- ▶ If your symptoms get worse, or if you have problems with your medicine, call a member of your health care team.
- ▶ If you had tests and do not hear from your doctor, call for your test results.
- ▶ If your doctor said you need to have certain tests, make appointments at the lab or other offices to get them done.

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Source: Agency for Healthcare Research and Quality, [www.ahrq.gov](http://www.ahrq.gov)

The information contained in this medical self-care newsletter can be used to increase your personal awareness of how to manage minor health issues. If you have any questions or concerns about medical issues impacting you or your family, always contact your health care provider.



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