Tips for getting the most out of your phone or video appointment.

PRIOR TO YOUR APPOINTMENT:

Be prepared:

- Verify that your doctor has your correct phone number
- Check that you have the link to join the call (if you are having a video appointment)
- Be sure your internet connectivity is good and that your phone is free at the time your appointment is scheduled
- Make sure you are available and prepared to verify your insurance information on the call
- The doctor's office may call a day or two in advance to remind you of your appointment and update your registration.

Gather needed information:

- Drug or food allergies
  - If you have any drug or food allergies, write them down
- Medications
  - Gather your current medications
  - Make a note if you will need any refills
  - Determine if you are having difficulty taking any of your medicines and write down the names of the ones that you do
- Vital signs
  - If you have a scale, blood pressure monitor, thermometer, blood glucose meter - take your vital signs and document them (best to do the night before or the morning of your appointment)
  - If you have been keeping a log of your numbers, have your log available
- Test Results
  - If you did any blood test, x-rays or other test since your last appointment, make a note of the date and test
DURING YOUR APPOINTMENT:

- Drug or food allergies
  - [ ] Tell your doctor about your drug and/or food allergies
- Medications
  - [ ] Ask your doctor about any refills you need
  - [ ] Advise your doctor of the medicine you are having difficulty taking
- Vital signs
  - [ ] Share any vitals you were able to take with your doctor
  - [ ] Review your vital log with your doctor
- Test Results
  - [ ] Ask your doctor about any recent test results

AT THE END OF YOUR APPOINTMENT:

- Double check your list be sure that you have asked all your questions and received an answer.
- Let your doctor know if you would like an after-visit summary mailed to you. This will be available in your “MyChart” within a day or two if you use this communication tool.

Notes:______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

Next appointment:__________________________________________________________

Lab test to be done:__________________________________________________________