

## 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

#### **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:** \_\_\_\_\_  
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**Next appointment:** \_\_\_\_\_

**Lab test to be done:** \_\_\_\_\_