

TAKING CHARGE OF YOUR DOCTOR VISIT WORKSHEET

A few minutes of preparation can help you **and** your doctor. **Before** your visit, read and answer the first two questions. Take the list and a pen or pencil to your appointment. Let the doctor read the list. **During** the visit, under question three, write down what you need to remember to do after your appointment.

1. What do I want to TELL my doctor today?

2. What do I want to ASK my doctor today?

3. What do my doctor and I agree I will DO after this visit?

If you save a copy of this worksheet on your hard drive, refer back to the PacifiCare website periodically for updated information.