



**ALAN BENOY**  
INSURANCE SERVICES  
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live well, work well

Health and wellness tips for your work, home and life—brought to you by the insurance specialists at Alan Benoy Insurance Services

# Talking to Your Doctor

*Make sure you receive the best care possible*

Your doctor works hard to keep you healthy, but quality health care is a team effort. You have an important role to play to make sure you receive the best care possible.

Get involved in your health care by talking to your physician. Research shows that patients who have a good relationship with their doctor receive better care and are happier with the care they receive.

## **Provide relevant information**

Tell your doctor about your health history, symptoms, medications and any allergies you have. Don't wait until the doctor asks for this information. Also tell your doctor about any herbal products or alternative medicines you take.

## **Gather information**

Ask questions at your appointment and take notes. Also write down questions before your visit so you are prepared and don't forget. Ask to have information repeated or written down to ensure you

have all the details. If you feel you need more time when your appointment ends, ask if you can speak to a nurse or if you can call later to speak further with someone.

## **Follow up**

Call the doctor's office if you have questions, experience side effects or if your symptoms get worse. Always follow through on recommended appointments for tests, lab work or treatment.

Also, if you have tests done and you do not hear from your doctor, call to get the results. Be sure to ask what the results mean and how they affect your care or treatment needs going forward.

## **Understand your diagnosis**

If your doctor gives you a diagnosis, it may significantly impact your life. It is important to learn about your

condition and talk to your doctor about treatment options.

Participate in decisions about your treatment options. Ask your doctor questions so you understand the benefits and drawbacks of each treatment or medication. Do not rush important decisions. If you feel overwhelmed, tell your doctor you would like more time before proceeding in your treatment. Also ask if there are additional brochures or resources available to take home with you.



## **Did You Know...?**

If you don't share relevant information, your doctor may never ask or may assume there is nothing important he or she needs to know. Likewise, if you don't ask questions, your doctor will likely assume that you understand everything completely.