



TIPS FOR GETTING THE MOST FROM YOUR DOCTOR APPOINTMENTS

- **Be Honest:** A successful visit means you are prepared to talk openly and ask questions of your provider.
- **Make a list of your main concerns in the order of importance.**
- **If helpful, bring along another person to listen with you.**
- **Bring a list of your medicines, vitamins and supplements and know why you are taking them.**
- **Ask questions about your diagnosis, tests, treatments, and follow up.**
- **Repeat key points back to your provider and take notes about what you heard during your visit. Ask for an *After Visit Summary*.**
- **Please tell your provider know if you think you might have trouble or are against following any of the recommendations. There may be another option.**
- **Ask how to access kp.org for details about emailing your doctor, making appointments, and refilling prescriptions!**