

## Tips for Advocacy

Make a notebook for medical appointments.

Include:

- Insurance information
- Names, location, phone numbers of doctor offices/clinics
- List of ALL medications- including vitamins, supplements, & cold medicines.
- Past visit handouts
- Special section for writing down questions/answers for appointments



## Between appointments

- Continue writing down questions as they come up.
- Call offices with pressing questions.
- Make note of any symptoms that occur and of anything you did to relieve them. For example, took a pain reliever with PM for night time headache.

### Notes:

A series of horizontal lines for writing notes, enclosed in a green border.

# Healthcare Advocacy



Tips for getting the information you need before, during, and between healthcare appointments.

## Before appointment:

If it is a new office, call ahead and get directions. Ask about parking and patient drop-off. Write down this information and keep it in your notebook.



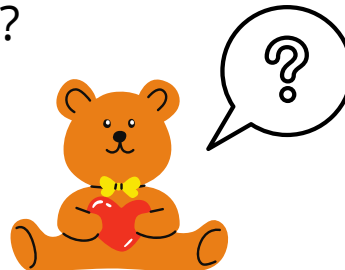
Review the list of questions in your notebook. If you think of a new one, write it down.



## Before appointment:

Helpful questions to ask for a loved one:

- What health records should we bring?
- Is there anything we need to do ahead of time?
- How long should we plan to be there?
- Is there a cafeteria or place to get food nearby?
- Can we remain together during the appointment?
- After our visit, what do we need to watch for? When should we call you?



## During appointment:

Let your healthcare provider know you have questions.

- Communicate your concerns and what is going well.
- Ask the questions written in your notebook.
- Write down the answers & make sure they make sense.

## During appointment before leaving ask:

- What comes next?
- Can I get a large print copy of my visit summary before I leave?