

Know Your Health

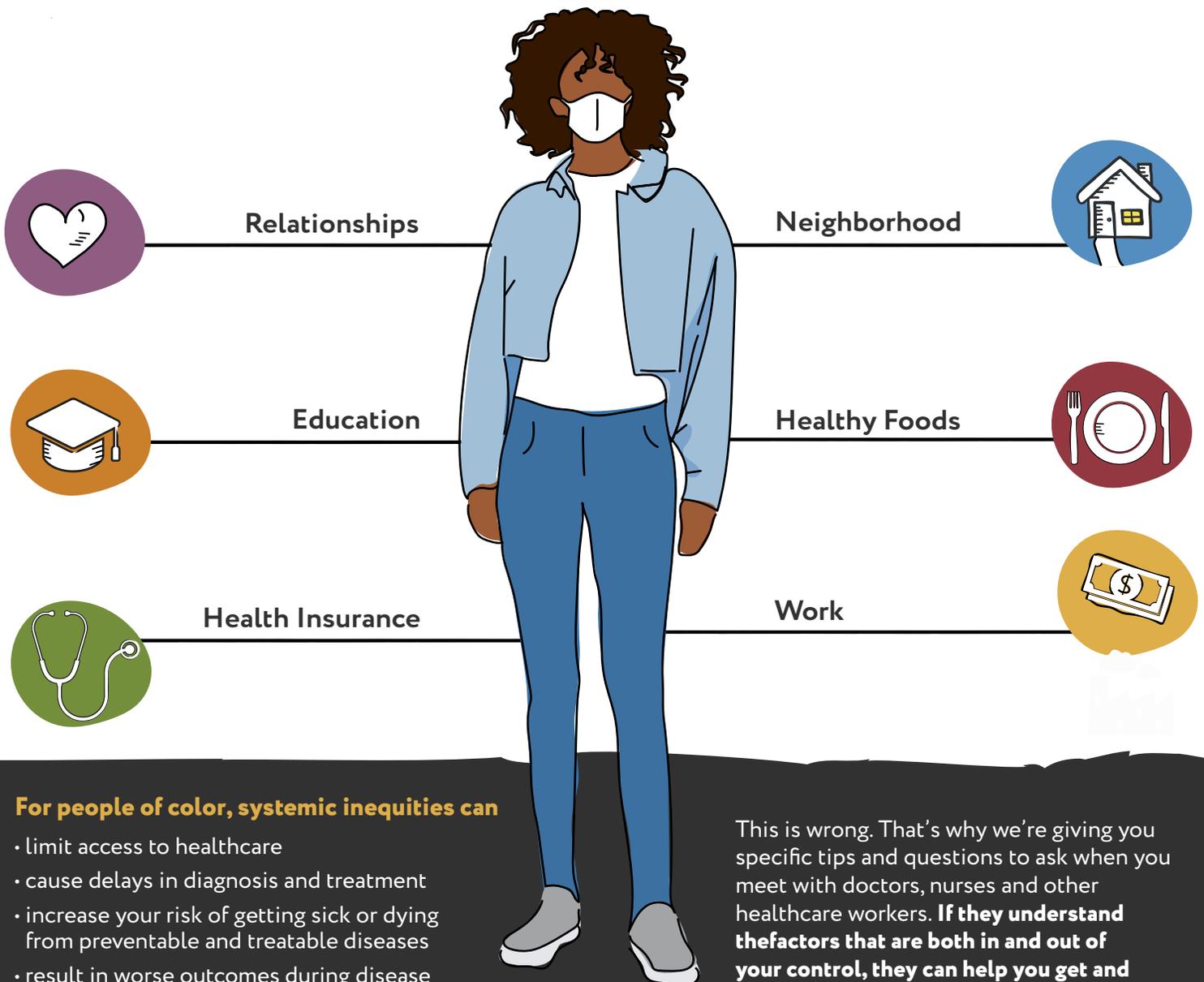
trusted
messengers

Tips for Better Doctor Visits and Care

Allergy & Asthma Network's **Not One More Life Trusted Messengers** project aims to empower with practical information and guidance so you can take charge of your health.

It's important to understand factors that impact your health so you can better manage your health in partnership with your doctor.

Factors That Impact Your Health



For people of color, systemic inequities can

- limit access to healthcare
- cause delays in diagnosis and treatment
- increase your risk of getting sick or dying from preventable and treatable diseases
- result in worse outcomes during disease outbreaks like COVID-19

This is wrong. That's why we're giving you specific tips and questions to ask when you meet with doctors, nurses and other healthcare workers. **If they understand the factors that are both in and out of your control, they can help you get and stay healthy.**

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Information I should share with my doctor at each visit



Current illnesses
or conditions



Updates
from other doctors
taking care of me



List of medicines
I take (prescription & over-the-counter)



Information
about my life that may
impact my health



My symptoms
(when they started, how they feel)

Types of questions I should ask my doctor during each visit

- Ask what your **vital signs** are (blood pressure, weight, temperature), and if they are in the normal range.
- If your doctor orders **tests**, ask why they are being ordered and how you should prepare for them.
- Ask about the benefits and potential side effects of prescribed **medicines** and how to take and store them.
- If your doctor recommends a **treatment**, ask why and if it is the only treatment option available.
- If there are two or more **treatment options**, ask about the pros and cons of each and which is right for you.
- Ask for a **visit summary** and **patient education** materials (pamphlets, videos) to learn more about a diagnosis.
- Ask when you should schedule a **follow-up visit**. Make an appointment prior to leaving the doctor's office.



Tips for better doctor visits



Before a visit, write down your symptoms and questions. Bring all medicines you take with you.



Take notes during the visit. If helpful, ask someone to come with you to write down important information.



Don't be rushed. Go over your questions at your own pace and be clear about what you need.



Always follow up. Call your doctor to ask more questions or get test results after your visit.



Be honest about your health and habits so your doctor can provide the best care.



If you are discriminated against during your visit, report it to your state's medical board or health department.

To learn more about your healthcare rights and protections, visit <https://www.healthcare.gov/health-care-law-protections>

Trusted Messengers project presented by

Allergy & Asthma Network's **Not One More Life Trusted Messengers** project aims to address health inequities and increase access to important health information and screenings for those who are at greater risk from COVID-19.



Learn more at
TrustedMessengers.org