

# HOW TO TALK WITH YOUR DOCTOR

## PREPARE FOR THE VISIT

1. **Start listening to your body.** Record any aches/pains/concerns that you may be experiencing somewhere accessible to take with on your next appointment.
2. **BE HONEST.** It is important to address things that are happening in your life like your mental health, lifestyle choices, social obligations to relationships and work.
3. **Ask questions!** Don't be afraid to ask your doctor questions. The time leading up to your visit, write questions that you have for your doctor, so when you are in the doctor's office, you will remember.

## IDEAS ON WHAT TO TALK ABOUT WITH YOUR DOC

If there is something that you are looking to have an answer for, be vocal about it.

Ask for additional resources or services offered in your community that could help support your health journey.

Family health history - Does your family have a health condition that you are concerned about? Have a conversation about how that can affect you and your health.

**\*Don't be afraid to break up with your Primary Care Physician. If you do not feel comfortable talking with them and asking questions, find someone you're more comfortable with.\***

## QUESTIONS TO ASK THE DOC

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## NOTES FROM THE DOC

**\*If you need clarification on any suggestions or education provided by the doctor - don't be afraid to ask the doctor to clarify in plain language.\***