Do You Know Where to Go for Care?

It's as easy as 1, 2, 3

Here are a few points to remember:

1.) Get to know your doctor.
2.) When you're sick, try to see your doctor first.
3.) An urgent care facility may be the best choice when your doctor isn't available.

Save the ER for Emergencies

Call your own doctor first if you are not feeling well. He or she has your medical record, and can advise you best.

If your doctor is not available and you need medical attention, go to the nearest urgent care or emergency room.

Of course, in an emergency, call 911 or go to the nearest ER. A true emergency is a condition that comes on suddenly and is so severe that care is needed right away to avoid bodily harm.
Make the Most of Your Doctor Visits

Here are some tips to help you make the most of your doctor's visits:

☐ Before your visit, make a list of questions and concerns.

☐ Write down what your doctor tells you. It can be hard to remember everything the doctor says.

☐ Tell the doctor what you heard him or her say, to be sure you understand.

☐ If you want to know more about what the doctor said, ask for handouts.

☐ If you have questions after you get home, call your doctor back and ask to speak with the doctor or a nurse.

☐ You may want to bring someone with you. A friend or family member can help you ask the right questions, and remember the answers.

Questions To Ask Your Doctor

Doctor's Name: __________________________

Today's Date: __________________________

What do you call my health problem?

________________________________________________________________________

________________________________________________________________________

Did I tell you all of the things I am doing or taking to help me feel better?

________________________________________________________________________

________________________________________________________________________

What do I have to do to feel better?

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________________________________________________________________________

What could happen if I don't do what you suggest?

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________________________________________________________________________

When should I return?

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________________________________________________________________________

Do I need to see any other doctors?

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________________________________________________________________________

What medicine do I need to take?

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________________________________________________________________________

How will it make me feel?

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________________________________________________________________________

How do I take it?

________________________________________________________________________

________________________________________________________________________