



Optimizing your visit with your doctor

The average appointment with your doctor is around 6–10 minutes—that doesn't leave much time for you to discuss a lot of concerns and conditions.

We sat down with Dr. Jeff Habert and Dr. Kristin Terenzi for their tips on maximizing your visit with your doctor.

Top tips for optimizing your visit with your doctor

1

Prioritize your concerns

Create a list of what you'd like to discuss and start with what is bothering you most.

2

Focus on you

Even if your children, your partner or your parents are in the same family practice, be selfish—talk about you and your concerns.

3

Highlight new symptoms

If anything changes, it's important your doctor is aware.

4

Take notes, ask questions and summarize

There can be a lot of information provided in a short amount of time. Don't be afraid to take notes to help you remember, ask questions if you don't understand, and summarize what you've learned, so we can ensure we're all on the same page.

5

Be your own advocate

Don't be afraid to share what you've researched, ask for additional resources to learn more, or follow up on referrals to ensure they are done in a timely manner.

**It's your health. We want to help you make the most of it.
We're glad you CARE TO KNOW!**

