How to Talk to Your Doctor

HANDbook



Center for Health Literacy

SAMPLE DO NOT COPY

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How to use this book:

- Learn the 5 steps to talking to your doctor.
- Use your own hand to remember.
- Fill out the blank side of each page.
- Take this book to your doctor visit.

1. Remember!

Remember to bring the things you need to read, hear, and talk

to your doctor.





1. Remember to take to my visit...

	☐ Insurance card
	☐ ID card
	Glasses
	☐ Hearing aids
	☐ Helper/Listener
	☐ Calendar/Schedule
	☐ This HANDbook
	☐ Bag of all your meds
	Other:
5	

2. TWO-minute history

Practice telling your doctor what you need to say in just

two minutes.

Write down notes on the next page to help you remember what to say.



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Whe	n my	recer	nt pro	blems	started
1					

What I want out of this visit						

3. Words

Repeat instructions and information back in your own Words.

Decide how you will start the conversation with your doctor. Pick an example on the next page or write your own





3. How will you repeat instructions and information in your own Words?

	So here's how I understood you.	•
	So when I go home I will	
	You just told me a lat of information Let me be sure I got it all	٦.
	Other:	
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D ,		

4. FORms

Don't FORget to fill out FORms completely. Ask for help if forms are hard to fill out. Take a list of things that may be in forms.





4. Information for FORMS...

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(11011)	TO, KII			P11011	
AN	6/				
Othe	er info	Inee	d: 		

5. Take your meds

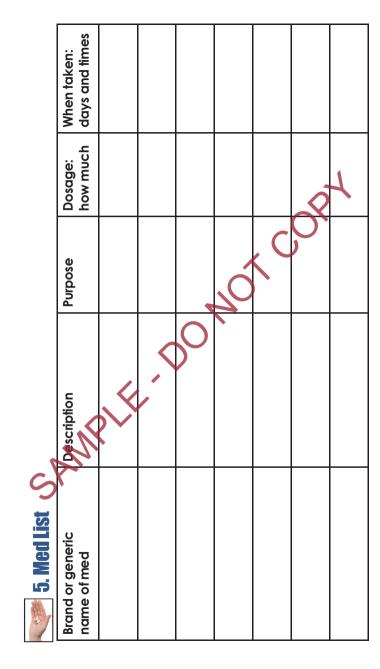
Take your meds as <u>labeled</u> AND take all your meds to your visit.

Take all prescription meds, over the counter meds, vitamins, and herbal supplements to your visit. Your doctor can make sure it is safe to take them all together. Write down your roeds and how





days and times When taken: once a day, morning how much Dosage: 10mg Heartburn Purpose /Red Capsule bescription 5. Med List Brand or generic name of med Omeprazole



How to Talk to Your Doctor

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1. Remember

Bring the things you need to take to your visit.



2. Two-minute history

Tell your doctor your health problems in two minutes.



3. Words:

Repeat Instructions and intermation back in your own Words.



FORms

Don't FORget to fill out all your FORms completely.



Take your meds

Take meds as labeled AND take all your meds to your visit.

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