

Before the visit:

- Complete the Healthwise Self-Care Approach and take it with you.
- Take a list of the medications and record of last visit for similar problems.
- Write down the two or three questions you most want answered.

During the visit:

State your main problem first.

Describe your symptoms (use page 1).

Describe past experiences with the same problem.

Write down:

Temperature: _____ Blood pressure: _____ / _____

The diagnosis (what's wrong): _____

The prognosis (what might happen next): _____

Your self-care plan (what you can do at home): _____

For drugs, tests, and treatments, ask:

What's its name? _____

Why is it needed? _____

What are the costs and risks? _____

Are there alternatives? _____

What if I do nothing? _____

(For drugs) How do I take this? _____

(For tests) How do I prepare? _____

At the end of the visit, ask:

Am I to return for another visit? _____

Am I to phone in for test results? _____

What danger signs should I look for? _____

When do I need to report back? _____

What else do I need to know? _____

Forms adapted from *Healthwise for Life: Medical Self-Care for People Age 50 and Better*. For more information about Healthwise, or to order a copy of Healthwise for Life, please call 1-800-706-9646, or visit their website at <http://www.healthwise.org>

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