

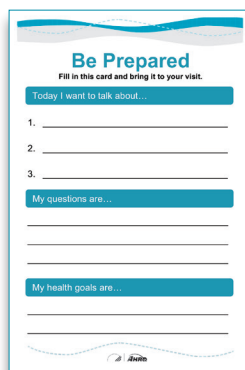
Be Prepared!

A Guide for Patients and Families

How can you prepare for appointments?

We are using two new tools to help you prepare for appointments and be an active member of the health care team.

The Patient Prep Card helps you think about what you want to talk about and what your health goals are.



The Patient Prep Card is a form titled "Be Prepared" with the instruction "Fill in this card and bring it to your visit." It contains three main sections: "Today I want to talk about..." with a numbered list (1, 2, 3) and lines for writing; "My questions are..." with lines for writing; and "My health goals are..." with lines for writing.

The Patient Note Sheet gives you a place to write things down to help you remember important information after you leave.



The Patient Note Sheet is a form titled "Write it down - Join your team!" It is divided into four quadrants for notes: "What did the doctor tell me?", "What medicine do I need to take? How do I take my medicine?", "What tests do I need? What are my test results?", and "What do I need to do next?". It includes icons for a stethoscope, pills, a clipboard, and a calendar.

What do you need to do?

Before your appointment:

- Use the Patient Prep Card to write down the most important things you want to talk about. A staff member can help you do this.
- Write down your questions. You can find a Question Builder on the Agency for Healthcare Research and Quality Web site.
- Write down your health goals.

Why is this important? By completing the Patient Prep Card and writing things down, you remind yourself of important information and are an active member of your health care team.

During your appointment:

- Ask questions!
- Use the Patient Note Sheet to write down what your provider tells you to help you remember.

