





This section will help you keep up to date with your important screenings and other tasks that help keep you healthy. You have 12 actions to take care of.

Action Items

4

A short guide for making the most of your appointment

This guide will help you partner with your doctor to become a team.

Your questions are encouraged!

How can you use this guide?

It doesn't matter if your appointment is in person or by phone, you can use this guide to discuss your health concerns with a health care professional and assist them in making a "working" diagnosis and treatment plan.

The phrase "working" diagnosis is used because a diagnosis may:

- change over time,
- · be certain or uncertain,
- take more than one visit to confirm, or
- take work to complete.

Consider Personal Support

Having two sets of ears may help you remember your questions and better understand the answers provided to you. You can ask a friend or family member to come with you when your appointment is in person or be there with you when talking with your provider over the phone.

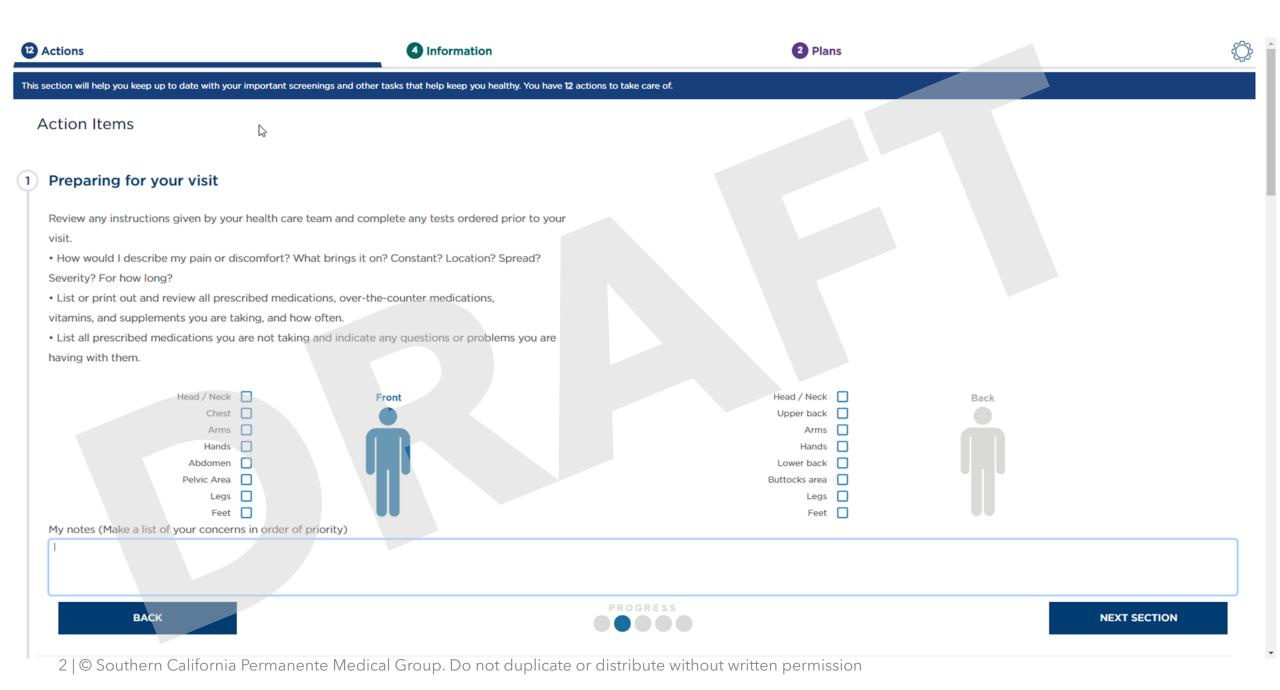


NEXT SECTION



Body mass index (BMI)

Your BMI is higher than it should be, get started on your weight loss journey with Healthy Balance.



Action Items

1 During your visit

The doctor may examine you, ask some follow up questions, review your lab results if applicable, and discuss your diagnosis and treatment plan.

- Do all my symptoms fit with my diagnosis? What else could this be?
- Do I need any tests? Purpose of tests? When will I get my results? How will results be given to me?
- What are the options for treatment? Pros/cons and cost of each? Duration of treatment options? What if I don"t follow the treatment?
- New medications, or changes to existing ones? Side effects? Are there medications that could be stopped?
- Are there additional appointments, referrals, or second opinions?
- · Will I need help or equipment at home?
- How can I learn more about my diagnosis?
- Who may I contact if I have additional questions or concerns?

It is important that by the end of your visit, you understand and can explain:

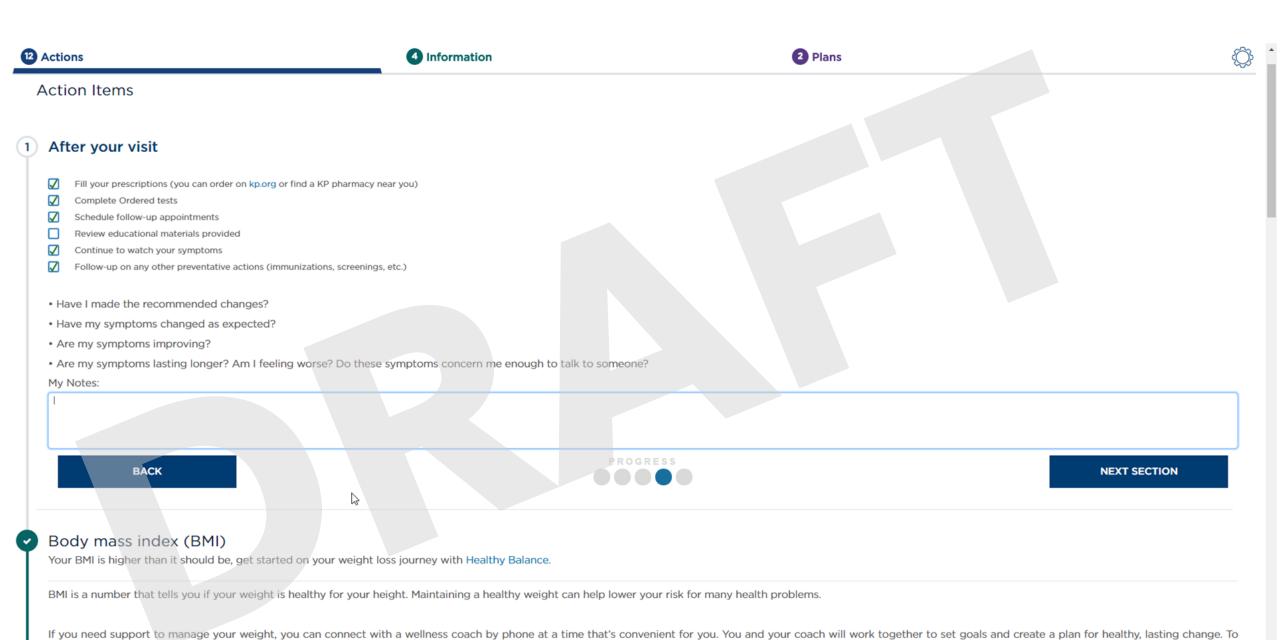
- What are my main problems?
- · What do I need to do about them?
- Why is it important for me to follow my treatment plan?

If something is not clear, ask your doctor to explain it again. You can also see the notes of your past visits.

BACK



NEXT SECTION



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schedule an appointment, call 1-866-862-4295 Monday through Friday, 7 a.m.-7 p.m.









Action Items

1 My notes

Preparing for your visit Notes

You've indicated you feel pain in the following areas:

- Front Head / Neck
- · Back Head / Neck

This is a test. This is a test

After your visit Notes

Remember to complete the following tasks:

- Fill your prescriptions (you can order on kp.org or find a KP pharmacy near you)
- ✓ Complete Ordered tests
- Schedule follow-up appointments
- Review educational materials provided
- Continue to watch your symptoms
- Follow-up on any other preventative actions (immunizations, screenings, etc.)



This is a note. This is a note

IMPORTANT: Your notes are not being saved to your medical record. They will be lost if you leave this site.

BACK



PRINT