



10 Tips for a Healthy Partnership with Your Doctor

Develop an ongoing partnership for health with your family physician.

- Consult your family physician promptly when problems arise and continue follow-ups until they are resolved.
- Provide your family physician with your complete health history. Be honest and specific about your symptoms. Write them down as they occur including day and time.
- Always bring all of your medications with you to your physician visits. Keep a complete list of all medications, including name, dose, and frequency.
- Be sure your family physician prescribes medication, take all of it in the prescribed dosages (unless your doctor tells you otherwise) even if you start to feel better before you finish the medication.
- Take with you a written list of questions and/or symptoms you want to discuss with your family physician. This will help you remember all of your concerns.
- Ask questions when you don't understand a symptom, illness or treatment. It is your right as a patient to make decisions based on knowledge.

- Ask your family physician for materials that will help you better understand your health needs and any particular conditions you and your family may have.
- Follow your family physician's advice on changes in your daily routine, such as diet or exercise. If a certain program isn't realistic for you, work with your physician to find one that meets your needs.
- On your physician's advice, commit to a regular schedule of check-ups. Determine the best schedule for someone of your age, sex and medical history to have such tests as: complete blood count, blood chemistry profile, urinalysis, Pap smear, chest X-ray, sigmoidoscopy, breast exam, electrocardiogram, etc.
- You have the right to insist on good medical care and access to every reasonable therapy.

Source: American Academy of Family Physicians



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