

# *take***CHARGE**<sup>®</sup>

## *Doctor Visit Checklist*



### **Doctor Visit Checklist: Be Prepared!**

It's common for most people to forget what they want to ask their doctor, or they think their doctor is too busy to spend extra time with them. Remember, this is scheduled time with the doctor. And you're entitled to answers to your questions.

In order to make the most of your visit to the doctor, it's important to be prepared. Use this helpful checklist to prepare for your next doctor visit.

### **Prior to a Doctor Visit (take this information with you):**

- 1 \_\_\_\_\_ Write down your questions.
- 2 \_\_\_\_\_ Write down any changes in your symptoms or condition.
- 3 \_\_\_\_\_ Take a copy of your prescription formulary list – you can find it in your enrollment packet or on the Web at [mutualofomaha.com](http://mutualofomaha.com).
- 4 \_\_\_\_\_ Write down alternative treatments or medications that you'd like to discuss with your physician.
- 5 \_\_\_\_\_ Make a list of the current medications you're taking (over the counter and prescriptions).
- 6 \_\_\_\_\_ Other: \_\_\_\_\_

## During Your Doctor Visit:

- 1 \_\_\_\_\_ If your doctor prescribes a name brand medication, ask about a generic equivalent. Doing so may help you save on out-of-pocket costs.
- 2 \_\_\_\_\_ Ask if the prescribed medication is on your formulary list (give your doctor a copy). Using medications on the list can help you save on out-of-pocket costs. Visit [mutualofomaha.com](http://mutualofomaha.com) to print out a copy of the formulary list.
- 3 \_\_\_\_\_ Ask your doctor for samples of the medication he/she prescribed. This way you can try the medication for a few days to see if it's effective for you. If it is, then you can fill your doctor's prescription; if not, it hasn't cost you anything.
- 4 \_\_\_\_\_ Be sure to review the list of symptoms, questions and medications that you've prepared.
- 5 \_\_\_\_\_ When appropriate, talk to your doctor about other treatment options. Make sure you're well informed. Discuss which treatment would be most beneficial and cost-effective for you.
- 6 \_\_\_\_\_ Other: \_\_\_\_\_