

# The Proactive Patient's Guide to Quality Healthcare

## Establishing Care as a New Patient?

You need to carefully review your own copies  
**AND** give your new doctor copies of...



Medical records



Contact information for past doctors



List of current medications and nutritional supplements

### Proactive Patient Tip:

Schedule an establish-care visit to discuss health goals and become acquainted with a new doctor



## To Get the Most Out of Every Doctor's Appointment...



Take a short list of your symptoms/concerns



Bring an updated list of medications and nutritional supplements



Prepare a list of questions in order of importance



Take notes while your doctor talks or have a friend take notes

## Four Things to Find Out Before a Lab Test

1. How will the sample be drawn?
2. Are there any special prep/recovery directions?
3. How does the lab report the results?
4. How long do the results take?

### Proactive Patient Tip:

Insist on getting a call about your results even if they are normal



Bring medical records/lab results and a list of questions to appointment



Bring pathology specimens when possible



Understand that tests may need to be repeated

## Six Pledges of a Proactive Patient

1. I will prepare for all doctor appointments
2. I will ask questions about my diagnoses and medications
3. I will bring a non-related friend to all appointments to help ask questions and take notes
4. I will speak up about my symptoms regardless of test results
5. I will call for lab results when no one calls me and request a copy
6. I will remember that medical mistakes can and do happen, but I have recourse



### Proactive Patient Tip:

Have you received normal test results but are still feeling symptoms? Don't give up—go back to the doctor and demand a re-test!



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