How to make the most of your time with your physician

Have the best office visit possible:

- Bring a list of prescriptions, allergies, medical history, family history and previous testing related to your issue
- Come prepared with a description or list of your symptoms and bring your questions
- Tell our New Patient Appointment Scheduler what you want to discuss with the doctor so that she may schedule the appointment appropriately
- Remember, we ask the questions up front to make the process more efficient when you get to the office, please help us if we ask for specific insurance information – that way you will have as much information about what you may owe as possible
- Bring someone with you if you have complex issues

Build your relationship with your physician:

- Be involved – take an active role in your care
- Many medical problems do not have a simple "fix" so plan on following your physician's advice – that is what you are paying for!
- Be honest – if you know you won't be able to follow the plan the physician is suggesting, let him know so you can consider other options
- Be open – try not to come in with a diagnosis and cure in mind – the internet does not have all the answers and your physician trained for years to be able to diagnose and treat your problem
- Be patient – sometimes we have a bad day with emergencies (physicians get sick, too!)