

SEE YOUR DOCTOR

Make The Most Of A Visit To Your Doctor

(NAPSA)—The average medical appointment lasts about 15 minutes, so it's a healthy idea to be properly prepared when you go to see the doctor.

Here are hints from Health Net, Inc. that may help:

1. Explain the reasons for your doctor visit. Do this when you make the appointment so the staff can set aside extra time, if needed.

2. Bring a list of your concerns with you. Be sure to include the following information:

- When the problem began and what part of your body is affected.
- How you have been feeling, and any other changes associated with the problem.
- What brings on the problem.
- What, if anything, relieves the problem.

3. Don't hesitate to ask questions and take notes on the doctor's answers. Here are some questions you may want to ask:

- Based on my personal and family medical history and my age, what screening tests should I have and when?

- What are my cholesterol numbers? Glucose levels? Blood pressure? Are they what they should be?

- Is my weight appropriate for someone my age, height and gender?

- How often should I schedule doctor visits?



Don't hesitate to ask questions and take notes when you go to see the doctor.

If you don't understand what the doctor says, ask for an explanation. You may want to have a friend or family member in the room with you to hear what the doctor says.

4. Ask the doctor to write down the diagnosis and his or her treatment advice.

Learn More

You can learn more about managing your health care from Health Net, which offers a variety of Medicare plans. Visit Health Net online at www.abetterdecision.com or call them at 1-800-935-6565 or (TTY/TDD) 1-800-929-9955. The suggestions above are not intended as medical advice. You should consult a licensed medical professional.