

Ask & Tell Your Health Provider CareCard™



Describe the current problem.

(Make a copy for each visit, as needed.)

Date it started: ____/____/____

Signs & symptoms in the order they occurred (write 1, 2, 3, etc.), such as:

- ____ Pain
- ____ Fever / chills
- ____ Nausea / vomiting
- ____ Muscle / joint problems
- ____ Skin problems
- ____ Ear, nose, throat problems
- ____ Breathing problems
- ____ Sleep problems
- ____ _____
- ____ _____

What I have done so far:

 What makes it better or worse:

Things to tell & ask.

Health conditions I have:

Medicines I take:

My allergies to medicines, food, etc.

 What do you think my problem is?

How sure are you about this diagnosis?

Is it contagious or genetic?

Will it come and go or be with me all the time?

Is there anything I can do to keep it from coming back?

What I want you to do for me.

Is there anything else I need to know?

Questions about medications.

What is it called?

What does it do?

Is there a generic form?

When, how often, and for how long do I take it? Should I take it with food?

Should I avoid grapefruit juice, sunlight, alcohol, or anything else?

Can I crush the medicine?

How much does it cost?

Do you have samples I can try?

How long before it starts to work?

Will there be side effects? Which ones should I let you know about?

Can I take it with my other meds?

Can I stop taking it if I feel better?

Make sure you can read the prescription before you leave.

Questions about a test/ surgery.

- What is it called? How will it help?
- How accurate and reliable is it?
- How should I prepare for it?
- Where is it done?
- Who does it?
- Does this person have a lot of experience and a good record doing this?
- How long does it take?
- What happens during the test/surgery? Is anesthesia used?
- What should I expect after it is done?
- How / when will I get results?
- How long is recovery time?

General questions.

- What are the benefits of treatment?
- Do the benefits outweigh the risks?
- What is the success rate for this?
- Do any personal factors affect my odds either way?
- When should treatment start?
- When can I expect to see results?
- How long will the results last?
- What if I decide to do nothing?
- What are my other options?
- How much does this doctor visit cost? How much will treatment cost?
- What do I need to do to find out what my health plan pays for?
- What related costs should I consider (time off work, child care, travel, etc.)?

{Note: Tell your doctor if you feel rushed or uneasy.}

Things to take to the visit.

- My health insurance cards.
- My health plan's preferred drug list (formulary).
- My Rx and OTC Medicine Logs.
- List of doctors/health care providers.
- My medical history.
- Completed forms I was asked to bring to the visit.
- Copies of reports, test results, X-rays, etc. from other providers, if needed.
- This CareCard™ and/or other list of what I want to tell and ask the doctor / provider.

{Note: If needed, ask someone to go with you to help you ask questions and take notes. Ask if you can bring a tape recorder.}

Follow-up.

- Activities to do and avoid:

- Medicines to take or stop:

- What to do if I skip a dose:

- Reason(s) to call doctor back:

- Person(s) and #(s) to call for more info. for test(s), surgery, etc.:

- Date & time for next visit:
_____/_____/_____ @ _____ a.m./p.m.
- Other: _____

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