

# How to Talk to Your Doctor

# **HAND**book



**UofA**

DIVISION OF AGRICULTURE  
RESEARCH & EXTENSION

*University of Arkansas System*

**UAMS**<sup>®</sup>

Center for Health Literacy



# How to Talk to Your Doctor

# **HAND**book

How to use this book:

- **Listen to your group leader.**
- **Learn the 5 steps to talking to your doctor.**
- **Use your own hand to remember.**
- **Fill out the blank side of each page.**
- **Take this book to your doctor visit.**

# 1. Remember!

Remember to bring the things you need to read, hear, and talk to your doctor.





## 1. Remember to take to my visit...

- Insurance card
- ID card
- Glasses
- Hearing aids
- Helper/Listener
- Calendar/Schedule
- This HANDBOOK
- Bag of all your meds

Other:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## 2. TWO-minute history

**Practice telling your doctor what you need to say in just two minutes.**

Write down notes on the next page to help you remember what to say.





## 2. Two-minute history:

My important health problems...

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Why I am at this visit...

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When my recent problems started...

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What I want out of this visit...

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# 3. Words

Repeat instructions and information back in your own Words.

Decide how you will start the conversation with your doctor. Pick an example on the next page or write your own.







### 3. How will you repeat instructions and information in your own **Words?**

So here's how I understood you...

So when I go home I will...

You just told me a lot of information. Let me be sure I got it all...

Other:

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# 4. FORMs

**Don't FORget to fill out FORMs completely.** Ask for help if forms are hard to fill out. Take a list of things that may be in forms.

Write  
down the  
information  
you will  
need to fill  
out forms on  
the next page.





## 4. Information for **FORms...**

Past health problems  
(surgeries, sickness, family history):

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Doctors I see  
(name, kind, address, phone #):

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Other info I need:

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# 5. Take your meds

Take your meds as labeled AND take all your meds to your visit.

Take all prescription meds, over the counter meds, vitamins and herbal supplements to your visit. Your doctor can make sure it is safe to take them all together. Write down your meds and how you take them on the next pages.







# How to Talk to Your Doctor

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## **1. Remember**

the things you need to take to your visit.



## **2. Two-minute history**

Tell your doctor your health problems in two-minutes.



## **3. Words**

Repeat instructions and information back in your own Words.



## **4. FORMs**

Don't FORget to fill out all your FORMs completely.



## **5. Take your meds**

Take meds as labeled AND take all your meds to your visit.

# Notes from my visit:

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