

› Get a handle on your health

# What to ask your doctor

Want to get the most out of your next doctor visit? Ask questions. Preparing questions before your doctor visits are one way to take control of your health.

Here are questions you should be prepared to ask.

## Questions about illness or disease:

- › Am I at risk for certain illnesses or diseases? If so, which ones?
- › What can I do to be healthier? What are some small steps I can start with?
- › Will it make a difference if I eat healthier foods? How about exercise?

## Questions about my diagnosis:

- › What may have caused this condition?
- › Will it be permanent?
- › How can my doctors will help me treat or manage this condition?
- › Will it cause long-term effects on my lifestyle? If so, what can I expect?

Make the most of every doctor visit by having prepared questions and a pen and notepad to write down the answers. It will be beneficial to both you and your doctor. Don't feel rushed. Just make sure you get all of your questions answered.

## Questions?

We're here to help. Please call our customer service team toll-free at 877-605-3229. TTY users, please call 711.



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