

Improve your health care by communicating with your doctor



How to talk to your doc

Research shows that patients who have a good relationship with their doctors are happier with the care they receive. Plus, these patients say they get better care. Try out these tips the next time you visit the doctor:

- Jot down a list of questions you need answered by the doctor.
- Be ready to give your health history, symptoms, medicines, vitamins and supplements, and any allergies you have.
- Ask questions. If needed, take notes and ask for further details if you don't understand something.
- Follow up if you have questions, experience side effects, or if your symptoms get worse.
- Learn about your diagnosis by finding out more about the condition and how to control or treat it.
- Take an active role in the decisions about your health care and treatment plan.

Boost your health care know-how even more! The Personal Health Manager's *Ask A Nurse* feature provides answers to your health care questions. Get to this resource by logging in to Blue Access[®] for Members and clicking the Personal Health Manager icon.



**BlueCross BlueShield
of Texas**

Experience. Wellness. Everywhere.[®]

Source: U.S. Department of Health and Human Services

52013.0709