

Talking with Your Healthcare Provider

When you talk with your healthcare provider, it is important to tell him/her just what is happening. Use the tips below:

Before making the call, have the following information with you:

- Your Personal Health Record
- List of your medications
- Pharmacy name and telephone number
- Your current problems/illnesses/diagnoses

Situation

I'm having:

- Pain (explain where pain is felt):

- Unexplained weight gain
- Difficulty sleeping
- Vomiting
- Harder time breathing
- Weight loss
- Nausea
- Bleeding
- Foul drainage from my wound
- Other (explain):

Background

I began to feel this way when:

What makes it better? _____

What makes it worse? _____

How long does it last? _____

It prevents me from doing my usual activities: Yes No

Please provide the following:

Weight: _____

Temperature: _____

Blood sugar: _____

Blood pressure/pulse: _____

Assessment

I think I feel this way because *(include any other possible reasons, such as emotional, stress, finances, new medication)*: _____

Recommendation by doctor

Write down your doctor's instructions:

