

EXAMPLES

- ❖ Consider Release of Information (ROI)
- ❖ Take list of questions with you
- ❖ Practice asking questions or communicating what you want before the visit
- ❖ Take someone with you to take notes or ask questions on your behalf
- ❖ Role play
- ❖ Ask to record the visit
- ❖ Knowing an appointment is time limited, write up a brief summary of your concerns and/or questions that you can give to the nurse or medical assistant (MA), before the doctor sees you
- ❖ Send message before the scheduled appointment. Ask for confirmation that the message was received and delivered to the provider
- ❖ Make sure or have someone you trust make sure information is up to date (UTD) in your electronic health record (EHR/EMR)
- ❖ Review the after-summary visit to confirm it contains what was discussed and captured your questions or concerns accurately. Send clarifying message if the notes do not reflect what you heard or said during the visit.