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**EDUCATION
MATTERS**



YOUR HEALTH, YOUR QUESTIONS

Seven questions to ask during your next doctor visit



According to WebMD®, doctors on average spend about 15 to 20 minutes with each patient they see for routine exams — this includes time spent reviewing charts and records outside the exam room. That time can go by quickly, but you can reduce the stress associated with these visits by making sure you're provided with all the information you need at the appointment. Taking an active role in your doctor office visits plays a key factor in protecting and improving the quality of health care you receive. It can even help you save money.

- 1 How did you come to this diagnosis?
- 2 Is there more than one condition or disease that could be causing my problem?
- 3 What is the long-term outlook of the illness with and without treatment?
- 4 What are my treatment options and how effective are they? What are the benefits and risks of each treatment option?
- 5 Is this new prescription safe to take with my other medications? Will it have an effect on those medications?
- 6 Are there generic drugs available to treat this?
- 7 What should I do if my symptoms worsen and when should I contact you?

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Rather give us a call?

Dial **800-724-9122** to connect to **Personal Health Assistant 24/7**. Speak with a nurse who can:

- Help you prepare questions before and after appointments and procedures, so you can make informed decisions with your providers.
- Educate you about your health situation or medical condition, explaining symptoms, tests, treatment options and condition management.



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