

Health Organizational Tip

February 2007

Your questions and answer section of your health organizer is very important.

Make sure to write your questions and answers down.

Sometimes it can be difficult to rely on memory to make the most of doctor visits. Write questions down ahead of time and then write the doctor's response next to each question.

Remember to date this too. The personal Q&A will be a handy reference later and can assist in communicating with family members or caregivers who might have similar concerns. Having fully prepared questions can prove a to be a great time saver and a great benefit by getting better results. Be your best advocate by knowing what it is you want to ask before you see the doctor, specialist or nurse.

