

Healthy Insights

Issue No. 3

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Ask questions, get more involved in your health care

According to the Agency for Healthcare Research and Quality (AHRQ), patients who have a good relationship with their health care providers are more satisfied and happier with the care they receive.

Your health care provider plays an important role in your quality health care. You can help make the most of this relationship.

Following are some tips for talking to your doctor:

- Give your doctor a complete medical history, including symptoms, medications, and allergies.
- Get information about your condition. Ask your doctor to explain the effects or if you have any questions.
- Follow your doctor's instructions for taking medications and other treatments.
- Understand the conditions you have and how they affect your health.
- Choose a health care provider you trust and who you stay healthy and receive the best care possible.

Use the following tips to help you make a list of questions to take to your doctor. Prevent Medical Errors. Patient and Family Checklist.

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