



10 Ways to Prepare for Your New Doctor

Get the most out of your first visit by preparing some basic information in advance.

- 1. Get a copy of your medical records.** Call your new doctor's office and ask how the office would like to obtain your medical records. They may be able to contact your previous doctor directly, or ask that you bring a copy with you. You can obtain your own copy at any time; simply call your previous physician's office.
- 2. Prepare a list of all your current medications and supplements.** Include all of your prescription medication, over-the-counter (OTC) medications, vitamins and supplements. Your new doctor also will need to know about any allergic or negative reactions you've experienced with medications. During your appointment, ask if there is a generic equivalent for your brand-name drugs because that can save money on your co-pay at the pharmacy.
- 3. Gather your personal family's health history.** Take the time to ask your family members about chronic illnesses, diseases and other health conditions. This can help your doctor decide which diagnostic tests and preventive screenings are right for you.
- 4. Discuss tests & screenings before and after.** When booking your appointment, ask about any blood tests, urine tests or other lab work that might be ordered. You should be prepared to share the date and results of your last mammogram, pap smear, blood work, cholesterol levels, and other regular tests you have undergone. Your physician will determine what, if any, tests are necessary to provide a good overview of your current health condition.
- 5. Know your immunization history.** You should know the dates on which you received immunizations for tetanus, diphtheria and pertussis booster as an adult, or approximately how long ago it was. Ask your physician if a Tdap booster is necessary.
- 6. Request a Wellness Evaluation (or "physical").** Ask your doctor if you need a physical. Many physicians recommend having a physical every one or two years. This can help your doctor understand your current health conditions and assess how often to see you to keep you healthy.
- 7. Prepare and bring a copy of your health concerns.** Before the appointment, take a few minutes to write down your health concerns, symptoms or questions. Bring a copy with you to share with the doctor. This may help to ensure that all of your concerns are addressed.
- 8. Ask about RelayHealth (Online) Communications.** Your Hill Physicians Care Provider has the ability to communicate with you online through **RelayHealth**. Ask your doctor if he/she is a **RelayHealth** user. If so, register at www.HillPhysicians.com/Talk to find easy and efficient ways of communicating online to request refills, schedule appointments and find lab results.
- 9. Ask about after-hours and weekend appointments.** Your doctor and/or the office staff may be able to tell you the location and contact information for the nearest urgent care center. These centers can be used during those situations when you require medical attention for a non-life threatening condition at night or on weekends. View a list of urgent care centers at www.hillphysicians.com/members. Remember, if you think you are experiencing a medical emergency, call 911.
- 10. Ask your doctor when you need to schedule your next visit.** Be proactive! Ask your doctor when you should return. He or she can recommend the right intervals to keep you healthy.

Information to Prepare for Your New Doctor

Use the form below to gather important information that your doctor and/or office staff will likely request at your first appointment. Take the time to jot down any questions or concerns you would like to discuss with your doctor.

Name and City of Previous Doctor: _____

Address and Phone Number (to request medical records): _____

Time since last physical or doctor's appointment: _____

Known health conditions or previous diagnoses: _____

Any recent immunizations (including flu shots), tests and/or screenings (include dates): _____

Prescription medications: _____

Over-the-counter (OTC) medications, vitamins, supplements and/or herbal supplements: _____

Health Concerns I'd Like to Discuss: _____

Notes (Bring this sheet with you to your appointment in order to take notes while you are there): _____
