

Make each Medical Home Appointment Work For You



- ✓ Before the appointment, write down your questions and concerns.
- ✓ If your child sees specialists, ask them to send reports to your child's doctor (medical home).
- ✓ Bring a list of medicines your child takes regularly to the appointment.
- ✓ Bring your child's insurance card, immunization record and your questions.
- ✓ Pack some comfort items like books, toys, and extra clothes, if appropriate.
- ✓ At the appointment, relax, ask questions, and take notes! Tell your doctor when something is not clear.
- ✓ Ask your doctor to explain the care or treatment plan and put it in writing.
- ✓ Ask when you should schedule your child's next appointment.
- ✓ After the appointment, put your child's medical information in one place – ready for the next appointment.