



Partnering for Better Care: 8 Tips for a Great Visit

Shared by Nurses to Help You Get the Most Out of Your Appointment

1. Come Prepared

Bring a list of medications, past conditions, questions, and anything else you think is important. It saves time and helps your provider give you the best care.

2. Speak Honestly About Your Symptoms

Even if something feels minor, share it. The more your provider knows, the better they can help.

3. Share Your Main Concern Early

Let your provider know what's worrying you most at the beginning. This helps make sure there's enough time to focus on what matters most to you.

4. Treat Everyone with Respect

We're all on your care team. Kindness and respect help create a more supportive environment for everyone — including you.

5. Be Open, Not Overly Certain

It's okay to have ideas about what's going on, but focus on sharing your symptoms and experiences. Your provider is here to help figure it out with you.

6. Speak for Yourself When You Can

If you're able, describe your symptoms and concerns in your own words. It helps your provider understand your experience better.

7. Save Medical Questions for the Provider

Nurses and staff are here to support you, but make sure your main health concerns are discussed directly with your provider.

8. Leave With Clarity

Before you go, make sure you understand your diagnosis, treatment plan, and next steps. Never hesitate to ask questions — we're here to help.