

Getting the most out of your healthcare

NC Self Advocates Conference

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Who is your doctor?

- Your doctor's office should be the first place you call when you have a medical problem
- Your doctor's office is your medical home.



What is a medical home?

- It is the doctor's office you call or go to when you have problems
- The people there should know you, and try to help you be healthy



How can I find a doctor that is right for me?

- Does the doctor accept my insurance?
- Can I get to the doctor's office easily?
- Does the doctor understand me and my medical problems?



When should I contact my Doctor?

- When you are sick
- When you need medicine
- When you have medical questions



Planning your visit to the doctor

- When should I go?
- How long should I plan to be there?
- What should I wear?
- What should I bring?



During your visit....

- Show the doctor your medicines
- Bring a list of all your questions
- Ask the doctor your three most important questions!
- Write down the answers!



After your visit....

- Try to do what the doctor said
- Keep a health journal of how you feel and what you do
- If you have problems, call your doctor!



Questions???