



CALIFORNIA SCHOOLS  
**VEBA** YOUR HEALTH,  
OUR PURPOSE

## APPOINTMENT READY: Your Doctor's Visit Prep Guide

Make the most of your doctor's appointment by following these essential tips. You deserve to feel well-prepared, heard, and valued with your healthcare provider.

This comprehensive guide provides the necessary tools and information to help you actively engage in your healthcare journey.

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# BEFORE

# YOUR APPOINTMENT



### REMEMBER TO ASK

Jot down your talking points, questions, and concerns to ensure that no important topics are overlooked during your visit. This will help you make the most out of your time with your doctor and ensure that all your questions and concerns are addressed.

- *Questions/concerns about health*
- *Change in appetite/weight/sleep/energy level*
- *Anything else that feels like it's not related, but is bothering you*

### Symptoms Experienced

Symptom	When started/stopped	Intensity 1-10	What you were doing when this happened

### Questions to Ask:

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# BEFORE

# YOUR APPOINTMENT



### MEDICATION LIST

Write down your current medications, vitamins, and supplements and their dosages. Bring this with you to review with your provider.

*Any recent changes in medicine or the effect they're having on you?*

*Any sensitivities/medication allergies?*

#### Prescription drugs (If not sure, bring bottles in a plastic bag)

Name	Dose	Frequency	Notes

#### Over-the-counter medicine/supplements/vitamins

Name	Dose	Frequency	Notes

### BRING YOUR INSURANCE CARD

Your carrier ID card contains all the information your healthcare provider needs to accurately bill your insurance company. You may need it to make appointments, fill prescriptions, get bloodwork done, or be admitted to the hospital if necessary.

You can download your ID cards and save them to your MyVEBA app for easy mobile access.

To learn how to access your digital cards from various carriers, instructions are available in the main lobby of the MyVEBA online portal at [myveba.org](http://myveba.org).



# DURING YOUR APPOINTMENT

To get the most out of your visit, follow these tips:



### Arrive Early

Try to **arrive 10-15 minutes ahead of your scheduled time** to give you enough time to find parking, find where to check-in and go to wait, and update any annual paperwork if needed.



### Bring a Trusted Companion

If you feel overwhelmed or anxious during medical appointments, **consider bringing a family member or friend for support**. They can help translate, ask questions, take notes, and provide emotional support.



### Dress Comfortably

Your height, weight, and blood pressure will usually be checked at the beginning of your appointment. **Wear a shirt with short or loose-fitting, rollable sleeves** for comfort during the blood pressure screening.



### Use Your List

Be prepared to answer questions about your **medications and supplements, past health history, immunization history, and general health**, including any symptoms you've been experiencing or other recent health changes.



### Be Honest and Open

Be prepared to discuss your symptoms, concerns, and any lifestyle factors that may be relevant to your condition. **Honesty and open communication with your doctor are crucial for accurate diagnosis and appropriate treatment.**



### Take Notes

During the appointment, it can be helpful to **take notes or ask if you can record the conversation** (with the doctor's permission). This ensures that you remember important details and instructions later.

### Appointment Notes:

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# DURING YOUR APPOINTMENT

## SPEAK YOUR MIND

If you don't feel comfortable with your diagnosis or the direction of your treatment path your provider recommends or need clarity, **don't be afraid to speak up.**

*Your time and health are valuable!*

**What could this look like?** Here is a list of questions that might be helpful to ask:

### Treatment:

- Are there other available treatment options?
  - *What are the benefits and risks of each treatment option?*
- What can I expect during the process?
- Are there any lifestyle changes I should make to improve my condition?
- Are there any alternative or complementary therapies I can consider?
- Can you explain the test results or medical terminology in simpler terms?
- Is there anything else I should know or ask about my condition?

### Prescriptions:

- What is the purpose of this prescribed medication?
- Are there potential side effects of the prescribed medication?
- Are there potential drug interactions with my current medications/supplements?
- What should I do if I miss a dose of this medication?

### What's Next?

- How often should I schedule follow-up appointments?
- Are there any warning signs or symptoms I should watch out for?
- Are there any additional preventive measures I should take to maintain my health?
- How can I manage any pain or discomfort associated with my condition or treatment?
- Are there any resources or support groups available for my condition?

**My own questions:**

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# AFTER YOUR APPOINTMENT

Now that you've made it through a successful appointment, here are some next steps:

**Follow Through:**

Make a plan. How can you implement any daily habits/lifestyle changes?

Make the necessary follow-up appointments or additional testing/scans/screenings they have recommended.

Promptly fill any new medications your doctor has prescribed to you.

**If you need help scheduling appointments or have questions about your benefits, contact the VEBA Advocacy team at [vebaonline.com/contact](http://vebaonline.com/contact) or at [888-276-0250](tel:888-276-0250).**

**Speak Up:** If you notice new symptoms or problems, let your doctor know right away.

**Stay Organized:** Keep all your medical records, test results, and appointment notes in one place. This will help you stay organized and easily access important information when needed.

**Get a Second Opinion:** If you are still unsure about a diagnosis or treatment plan, you may want to get a second opinion before you make a major medical decision. California Schools VEBA has partnered with Teladoc Medical Experts to give VEBA members access to a second opinion from the world's most well-respected doctors and specialists at no cost.

**To access Teladoc Medical Experts, visit [teladoc.com/medicalexperts](http://teladoc.com/medicalexperts) or call [800-835-2362](tel:800-835-2362).**