



Live Fierce™
Take Action

Doctor, It's Been Too Long

TIPS TO HELP YOU PREPARE FOR YOUR NEXT VISIT

Taking care of your physical health and mental well-being is important. It's smart to be careful and to make — and keep — appointments with your doctor, nurse practitioner or other health care professional. If you have questions about how your doctor's office is keeping patients safe during COVID-19, ask. Your health care team is there for you.



Start by visiting your doctor's office or community health center's website.
You might find information on what to expect and what options you have available.



Call the office, share your concerns and ask questions.

Here are a few to get you started:

- *What is the check-in process?*
- *What waiting room precautions are being taken?*
- *Are masks required for both patients and the health care team?*
- *Is there a checkpoint screening for COVID exposure and symptoms?*
- *What else should I know before I come in?*
- *Is telehealth (a phone or video visit) an option? Is it appropriate for my visit?*

Here are some ways you can make the most of your visit:

- Write down your questions before you go.
- Clearly share the purpose of your visit with your health care team.
- Have a list of medications or supplements you take and any medical devices you use available.
- Bring any health data that may be helpful such as blood pressure and glucose readings, changes in weight, or food and exercise logs.

Recommit to your health ... and your future.

If you've missed an appointment,
make one today.

For more information visit:
heart.org/callyourdoctor



If you have a telehealth (phone or video) appointment:

- Ask if there's a step-by-step guide you can follow if this is your first video appointment.
- Make sure you have good phone or Wi-Fi service.
- Use headphones or earbuds to help ensure you hear clearly and to allow for privacy.
- Set yourself up in a quiet place with good lighting. Be ready early so you can test your equipment.
- Have your insurance card handy.
- Make sure your phone, computer or tablet is fully charged.