Success in Healthcare 101

Navigating healthcare for the first time as an adult can be challenging. Use some of these easy tips to help your healthcare experience go smoothly.

1. **Know what kind of health insurance you have** and bring your card with you to appointments.
2. **Know your family's medical history.** If needed ask your parent or guardian and write it down. This will help your doctors know what kind of conditions you're at risk for and how to best treat you.
3. **Know what vaccinations you've had.** If you don't know what vaccines you've had PLEASE ASK or see handout on how to access your records!
4. **PLAN AHEAD!** Making appointments ahead of time can save a lot stress. Particularly for things like annual check-ups, flu shots and PAP smears- plan ahead!
5. **Be honest with your doctor.** Your doctor is on your team and wants the best for you and your health. Being open and honest about feelings, symptoms, drug and alcohol use and goals can help make a better experience for everyone.
6. **Know your treatment plan when you leave the office.** Typically, doctors will review a treatment plan with you and if/when you need to follow up. If you aren't clear about what that is, please ask!
7. **Speak up for what you need!**
8. **Try to limit phone use** while at the clinic and put it away during your appointment.
9. **When you have questions, ASK!** Your doctor will be happy to answer questions. You do not need to feel embarrassed for asking or needing clarification. Please speak up if you don't understand.
10. It is normal to be asked to **show up for an appointment 10-15 minutes PRIOR** to your appointment.