GEORGIA'S
Nuts About Health

Communicating with your doctor: Prepare and speak up

One way to get the most out of your doctor visit is to prepare before you go. First, think about why you are going to the doctor. What do you hope to find out during your visit? What do you need to ask or tell the doctor to help them correctly diagnose you?

Prepare for the visit

To communicate effectively with your doctor, consider bringing some of the following to the appointment:

- A list of any allergies you have and all the medicines, herbs, supplements or vitamins you take
- A written list describing your symptoms — when they started, how often they occur, whether they're getting worse or what seems to make them better
- A notepad to take notes so you don't miss anything
- A trusted friend or relative to listen during the appointment and help you remember any instructions given
- Any test results or records from self monitor strip (i.e. blood pressure or blood sugar) or visits to other doctors that may help your doctor better understand your condition.

Speak up during the appointment

At one time or another, most people have questions about their health. Don't be afraid or embarrassed to ask if you don't understand what your doctor tells you. Doctors want to help you understand how to stay well or get better. So speak up, ask questions and get the facts.

(continued on next page)

IMPORTANT DATES

July 4th – Independence Day

ANNOUNCEMENTS

Quick clicks

- Register for Quicken Health Expense Tracker at no cost from your myuhc.com home page
- http://www.healthcarelane.com

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Communicating with your doctor: Prepare and speak up *(continued)*

During the office visit:

- Clearly describe how you're feeling. Refer to the symptom list you developed.
- Tell your doctor your concerns. Don't be shy about discussing your fears.
- Ask him what he suspects may be the problem and the next steps you should take.
- Ask for further explanation if medical terms or directions are unclear.
- Find out how to take medications properly, when to take them and what side effects you may experience. Also, give the doctor your list of medications. Ask about possible interactions with prescription and over-the-counter medications, vitamins and supplements.
- Find out if there are foods or activities you should avoid during treatment.

Follow up

If you have questions after you leave the doctor's office, you should feel comfortable calling back to get answers. Ask your doctor how he or she prefers to be contacted if you have a follow up question. Your health is important, and you are your biggest advocate. It's up to you to play an active role in your relationship with your doctor. That means keeping the lines of communication open, and feeling confident about making health care decisions that are right for you.

Banana Nut Smoothie

Try this smoothie for breakfast or as a refreshing afternoon snack. Use chocolate whey powder to create a rich, chocolate taste; the vanilla blend is just as delicious. Soymilk lends just enough sweetness to eliminate the need for sugar or honey.

Ingredients:

- 1 cup vanilla soymilk
- 1/2 frozen banana
- 1 T natural peanut butter
- 2 T vanilla or chocolate whey protein powder
- 3–4 ice cubes

Directions: Blend ingredients until smooth. Enjoy.

Yield: 1 Serving

Nutrition Facts:
Calories: 325
Fat: 9 g
Carbohydrate: 44 g
Sodium: 145 mg
Protein: 16 g
Fiber: 2 g

Health tip

When choosing sunscreen, be sure to look at teh sun protection factor (SPF). The SPF number tells you how much longer you can stay in the sun without burning if you apply the sunscreen. For example, if you normally burn after 20 minutes of unprotected sun exposure, applying a sunscreen with an SPF of 15 gives you 15 times the protection and will protect you for as long as five hours.

This newsletter contains general health information and is not intended to be medical advice or a substitute for professional health care. You should consult an appropriate health care professional for your specific needs and to determine whether making a lifestyle change or decision based on this newsletter is appropriate for you. Some treatments mentioned in this newsletter may not be covered by your health plan. Please refer to your benefit plan documents for information about coverage.

Please visit
www.dch.georgia.gov/shbp
to view additional issues of this publication.

Important contact information

Where to go when you want information

Customer Care HRA Choice (HMO), HDHP, Choice Plus (OAP) TDD	 800-396-6515 877-246-4189 800-255-0056
Nurseline	866-696-5846
Disease Management Programs	877-246-4189
Health Coaches	800-478-1057
Address Change	www.dch.georgia.gov/shbp_plans Print misc/change form and submit to payroll manager

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