

How to Become Your Own Healthcare Advocate

When you need medical care, it's important to have an advocate and that advocate can be you. Here are some tips you can use to help choose a medical provider and get the most out of your visits.

Things to Consider When Choosing a Healthcare Provider

- Location and office hours
- Insurance accepted
- Late arrival policy
- Can you message providers through online portal?
- What are the practice's online ratings?
- Size of practice

Preparing for Your Visit

- Fill out questions/forms on the portal before your visit.
- Make a list of your goals/questions and choose your top one or two.
- Bring copies of your recent test results if from another provider.
- Bring a list of medications, supplements, and dosages.
- Bring your insurance information.
- Bring your list of vaccines.
- Know the name and address of your pharmacy.
- Bring someone with you for extra support.

During Your Visit

- Be clear and prepared with your agenda.
- Tell your doctor what you're worried about.
- Listen to your doctor.
- Use the "teach back" method to ensure understanding.

After Your Visit

- How will follow up be handled?
- Provide feedback via the patient satisfaction survey.



(800) 229-8183
SamaritanNJ.org

*Excerpted from How to Become Your Own Healthcare Advocate, presented by
Rose Maruca, RN, BSN, MBA, to the ITA and ICA on May 21, 2019.*