

Make each doctor's appointment work for you!



Families and Doctors partnering for children – Medical Home

Your Medical Home:

Building Better Lives for Children

BEFORE THE APPOINTMENT

Write down your questions and concerns. If it's a long list, ask for a longer appointment.

Keep a journal. Write down your observations of behavior, illness, eating habits or anything else that your doctor may need to know.

If your child sees specialists, ask them to send their reports to your child's doctor (Medical Home).

Learn all you can about your child's condition and the extra care your child may need to stay healthy.

Prepare your child. Tell your child what to expect, who you will be seeing and why, and what tests may be done.

ON THE DAY OF THE APPOINTMENT

Pack some comfort items like books, toys, snacks and extra clothes.

Bring a list of the medicines your child takes regularly.

Bring your child's insurance card, immunization (shots) record, and your list of questions.

AT YOUR MEDICAL HOME APPOINTMENT

Relax! Ask questions! Take notes. Tell your doctor when something isn't clear.

Ask your doctor to explain the care or treatment plan and put it in writing.

Ask when you should schedule your child's next appointment.

AFTER THE APPOINTMENT

Put your child's medical information in one place — ready for the next appointment.

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