



# Tips for Better Coordinating Your Care with Your Doctor:

- Print out the “Ask-A-Doc” form off the NJACO R website ([www.njacor.org](http://www.njacor.org)) or ask your doctor’s office for a copy. Complete it before any doctor’s visit.
- Be an active team player by talking with your health care team.
- Take care of your health by following the health care plan you and your team have established.
- Talk openly with your health care team regarding your individual care plan.
- Bring a list of questions to your appointment that you’d like to have answered
- Bring a friend or family member who can help you listen and understand.
- Listen carefully to answers from your doctor and take notes.
- Ask follow up questions during your visit, i.e. possible medication side effects.
- Follow all instructions to fill prescriptions or make appointments for tests, lab work, and follow up visits.
- If you go to the ER, instruct the hospital to contact your primary care physician to obtain your personal medical information.