



The Involved Patient: Making the Most of Your Medical Visits

Here are 10 essential steps to help you actively participate in your medical care and work as a partner with your healthcare team. Take charge of your health journey today!

- 1 Think of your healthcare providers as your partners in managing your healthcare.
- 2 Be prepared for your medical appointments and don't be afraid to be assertive.
PRO TIP:
 - Bring a list of questions with you to each appointment.
 - If your healthcare provider uses words you do not understand, ask them to explain so you do understand.
- 3 Create a medical journal and take notes during each visit so you can review everything your healthcare provider discussed.
- 4 If possible, bring a caregiver, family member, or friend with you to medical appointments, for support and assistance. You may ask them to help you take notes as two sets of eyes and ears are better than one.
- 5 Be your own advocate in all healthcare settings (clinic, hospital) and with your insurance company.
- 6 Print your lab reports and keep them in a binder or save them to a file on your computer.
PRO TIP:
 - Watch for trends or changes in your lab results and discuss them with your healthcare providers.
- 7 If you wish to seek a second opinion, that is your right as a patient. Do not be shy about pursuing second opinions.
- 8 Doing your own research about diseases and treatments can be helpful, but remember that not all information on the internet is medically reviewed. Only use reliable sources such as American Liver Foundation when researching online.
- 9 Remember that all online resources, even those that are medically reviewed, are for general information purposes only and do not replace the information given to you by your healthcare providers about your specific situation.
- 10 Protect yourself and always wear a mask to medical appointments, even if the medical facility does not require it.

For questions about liver wellness and disease, or for emotional support to patients at the point of crisis and information on local resources including physician referrals, visit liverfoundation.org or contact our Helpline at 1-800-465-4837.