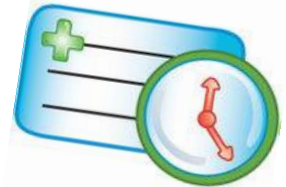




After visiting your doctor - checklist

Do you need to do any of these things:

- Talk to your friend or carer about the visit?
- Start following your health plan?
- Do you need help with your health plan?
- Make another appointment to see your doctor?
- Make an appointment to see another special doctor? (specialist)
- Write the dates in your diary?
- Have a test done?
- Get some more info?
- Go to the Medicare Office?



Do you have to go to the chemist ?

It is good to know your chemist



- My Chemist: _____ ☎ Phone number: _____
- Address: _____
- Opening Hours: _____

You can ask your chemist about your medication:

- When to take it?
- How to take it?
- How long to take it?
- Cost?
- Side Effects?
- Other questions?



Where do you keep your health records?

- Keep them somewhere safe.
- Keep them where you can find them.



Where do you keep your:

- Appointment card?
- Medicare Card?
- Health Care Card?
- Referrals?
- Test results?
- Appointments written down– diary or calendar?
- Specialists paper for Medicare
- Doctor's phone number?
- Chemist's phone number?



Forgotten what the Doctor said?

That's ok.

- You can ring your doctor for some more info.

My Doctor: _____ ☎ Phone number: _____

- They can write it down for you.
- They can speak to your chemist or write a letter for you.
- You can visit the doctor again.
- You can get someone to help you find out.
- Next time you can write it down or bring a friend along for help.



It takes time to learn how to look after your health.