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| Look below to find questions you can ask to get the most out of your medical appointments and learn more about your health needs. Not all of them apply to every individual, but these questions include important topics of which everyone should be aware. To learn more, visit: <https://suffolkcountyny.gov/Departments/Health-Services/Cancer-Prevention-and-Health-Promotion-Coalition/Patient-Self-Advocacy> |

**Questions to Ask Your Health Care Provider**

* **General**
* How is my overall health?
* How does my family health history affect my risk of certain conditions?
* Does my job affect my risk of certain conditions?
* What do I need to do before my next visit?
* When should I come for another visit?
* **Preventive Care**

What preventive care services are right for me and how often do I need them?

**Examples:**

* Wellness exam Cancer screenings: i.e., mammogram, colon/rectal cancer, prostate exam, lung cancer, cervical cancer, etc.
* Blood work
* Sexually Transmitted Disease/Sexually Transmitted Infection (STD/STI) testing
* Blood pressure, diabetes, and cholesterol tests
* Immunizations and vaccinations (i.e., COVID, flu, HPV, pneumococcal, tetanus/diphtheria/pertussis, shingles, respiratory syncytial virus (RSV), etc.)
* **Making Healthy Choices**

What can I do to improve my health?

* Am I at a healthy weight?
* How can I eat a more nutritious diet?
* What is the best physical activity plan for me?
* How much sleep should I aim to get?
* How can I stop smoking and vaping?
* Am I drinking too much alcohol?
* How can I manage my stress?
* **Symptoms/Changes in How I Feel**
* I’ve been experiencing/feeling [describe symptoms]. What could be causing this?
* How can I manage my symptoms?
* **Medications** (Note: you can always ask these questions where you fill your prescriptions)
* Why are you prescribing this medicine?
* What are the side effects?
* How long will I take this medicine?
* How many refills are you giving me?
* Will this medicine interact with any foods or other medicines I take?
* Are all my current medicines still needed?
* How can I better organize my medicines and track when I should take them?
* **Diagnosis and Treatment**
* How can I learn more about my condition?
* Do I need a referral for follow up care?
* What may have caused my condition?
* What impact will it have on me long-term?
* How is this condition managed? What are my treatment options?
* Is this the best treatment plan for me?
* **Mental Health**
* I’ve been overwhelmed and struggling mentally; what can I do to cope?
* Are there any mental health or substance abuse resources you could connect me to?
* **Health Information**
* When will I get my results of any tests that have been done?
* How can I access my health records and keep track of my health between appointments?
* Can I connect with my health care team through an online portal?
* Where can I find reliable and trustworthy medical information?
* **Cost & Insurance**
* Does this practice accept my health insurance?
* Will this test/appointment/medication/surgery be covered by my insurance? If not, are there resources that will cover the cost of this test/appointment/medication/surgery?
* How much will this cost?

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