

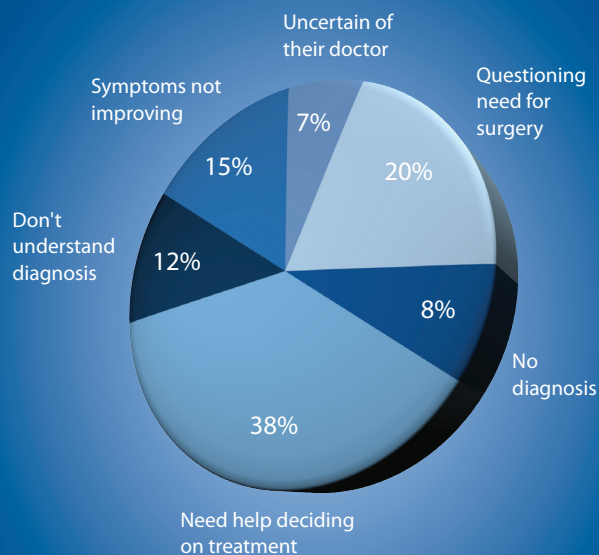
HealthMatters

Make the Most of Your Doctor Visit

If a visit to the doctor has you nervous, you are not alone.

You can feel more confident by going to the visit prepared to have your questions answered. You may only have a few minutes with the doctor, so here are a few tips that can help:

- ▶ Bring a list of your questions and concerns.
- ▶ Bring a list of all your medicines (including over-the-counter medicine and supplements) and how much (the dose) you take of each one.
- ▶ Repeat what your doctor tells you in your own words, to make sure you understand.
- ▶ Take notes.
- ▶ Ask how to reach your doctor between visits.
- ▶ Bring someone with you for support.
- ▶ If you don't understand your diagnosis, call Best Doctors.



Reasons people call Best Doctors

Shocking Statistics

Avoid the Pain of Misguided Care

It's astonishing— 30% of every healthcare dollar is spent on duplicative or unnecessary care.

Best Doctor's Expert Consultation Can Help

As many as one in five patients are treated based on an incorrect diagnosis. Best Doctors employs a proven process that has shown:

- ▶ 38% of surgeries can be avoided.
- ▶ 20% of cases are misdiagnosed.
- ▶ 60% of cases require a change in treatment.

Did You Know?

- ▶ Best Doctors is a free and confidential service
- ▶ Best Doctors was founded by Harvard Medical School Physicians
- ▶ Over 2 million people are covered under Best Doctors
- ▶ There are over 50,000 Expert Specialists that work with Best Doctors

If you have questions call

1-866-904-0910.