

TIPS TO HELP YOU PREPARE FOR YOUR EYE EXAM

Taking care of your eye health is important. Making and keeping appointments with your eye care professional is a great way to save your sight. If you have questions, do not be afraid to ask - your eye doctor is there for you!

Preparing for your appointment: Your doctor is there to help, and a little bit of planning by you before your appointment can make the most of your experience!

- **MAKE A LIST** in advance of:
 - Questions you have, in order of importance.
 - Any medicines or dietary/herbal supplements you take.
 - Any complementary health practices you currently or plan to perform (acupuncture, workout regimen, chiropractor, etc.).
- Have your insurance information ready.
 - Call your provider (the number should be on your insurance or ID card) in advance to confirm the provider accepts your insurance, any co-pays, and other important information.

Talking to your doctor: Introduce yourself and let them know what name you prefer to be called: “Hello, my name is Mrs. Martinez” or “Good morning, my name is Robert Johnson. Please call me Bob.”

- Doctor-Patient communication is so important. Bring up **any issues** you have with your doctor. They cannot read your mind, so you need to talk to them.
 - If you need one, ask for a **trained medical interpreter** – they are there to help and will translate objectively (whereas a family member may not).
- Be honest about everything and **mention all history and symptoms, even if you don't think they are relevant.**
- **Discuss daily life and habits.** They need to know as much as possible!
- **Include any new updates or changes in your health** (been to the ER, changed diet, energy level change, etc.).
- Bring any **aids you utilize for everyday life** so you are able to communicate and listen effectively.
- Finally, consider having an **eye buddy**. This is a close friend or family member who goes to doctor appointments with you. Having two sets of eyes and ears you trust will pick up more information and can help you feel more comfortable.

Understanding your diagnosis and treatment:

- **Bring a notepad or smartphone** to take notes of your diagnosis and treatment plan and put it in your own words for your own understanding.
 - **Bring your eye buddy** to help!
- Doctors will give you a chance to ask questions, and they are available by phone.
 - Nurses and pharmacists are also good sources of information.
 - When you have questions, it teaches doctors as well.
- Ask how to access your **personal electronic health records**. You have the right to your personal records and they are important for you.

- Finally, with a dilated eye exam, you may need someone to drive you home. Be sure to ask prior to your visit about this.

Take control. You can own your eye health. Make and keep your appointments. Listen to your doctor. Ask any questions you have.

Know your eyes.
Preserve your sight.
See for yourself.

Make and keep an appointment for an eye exam.