

# How to Talk to Your Doctor-Virtually

# **HAND**book



**UofA** **DIVISION OF AGRICULTURE**  
**RESEARCH & EXTENSION**  
*University of Arkansas System*



# How to Talk to Your Doctor-Virtually

# **HAND**book



How to use this book:

- **Listen to your group leader.**
- **Learn the 5 steps to talking to your doctor.**
- **Use your own hand to remember.**
- **Fill out the blank side of each page.**
- **Have this book available during your doctor visit.**

# 1. Remember!

**Remember to have the things  
you need to read, hear, and talk  
to your doctor.**





**1. Remember** to have everything accessible for my visit...

**Before your visit:**

- ☐ Download app or portal used for virtual visit.
- ☐ Take photos of physical symptoms.
- ☐ Complete all medical forms.
- ☐ Test internet connection.
- ☐ Fully charge electronic devices needed for visit.

**During your visit, make sure**

☐ **you have:**

- ☐ Glasses
- ☐ Hearing aids
- ☐ Helper/Listener
- ☐ Calendar/Schedule
- ☐ This HANDBOOK
- ☐ Other: \_\_\_\_\_

## 2. TWO-minute history

**Practice telling your doctor what you need to say in just two minutes.**

Write down notes on the next page to help you remember what to say.





## **2. Two-minute history:**

My important health problems...

---

---

---

---

---

---

Why I am at this visit...

---

---

When my recent problems started...

---

---

What I want out of this visit...

---

---

# 3. Words

**Repeat instructions and information back in your own Words.**

Decide how you will start the conversation with your doctor. Pick an example on the next page or write your own.







### 3. How will you repeat instructions and information in your own **Words?**

☐ So here's how I understood you...

☐ So I will...

☐ You just told me a lot of information. Let me be sure I got it all...

☐ Other:

---

---

---

---

---

# 4. Things to do During the Appointment

Don't FORget to do these  
FOUR things during  
your appointment.





## 4. **During** my appointment I will...

- ☐ Take my blood pressure, temperature, and other readings if asked to by the doctor.
- ☐ Ask questions.
- ☐ Ask for email or phone call follow-up.
- ☐ Take notes:

---

---

---

---

---

---

---

---

---

---

## 5. Have your meds available

**Have all your meds available during your visit.** Have all prescription meds, over the counter meds, vitamins and herbal supplements available during your visit. Your doctor can make sure it is safe to take them all together. Write down your meds and how you take them on the next pages.





## 5. Med List

[illegible]

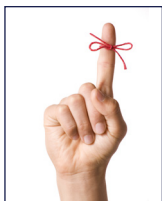


## 5. Med List

[illegible]

# How to Talk to Your Doctor-Virtually

# **HAND**book



## **1. Remember**

to have everything you need for your appointment.



## **2. Two-minute history**

Tell your doctor your health problems in two minutes.



## **3. Words**

Repeat instructions and information back in your own WORDS.



## **4. Things to do during your appointment.**

Don't FORget these FOUR things during your appointment.



## **5. Have your meds available**

Have all your meds available for your visit.

# Additional notes from my visit:

---

---

---

---

---

---

---

---

---



United States  
Department of  
Agriculture

National Institute  
of Food and  
Agriculture

This material is based upon work that is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, under award number 2015-46100-24230. The University of Arkansas System Division of Agriculture offers all its Extension and Research programs and services without regard to race, color, sex, gender identity, sexual orientation, national origin, religion, age, disability, marital or veteran status, genetic information, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.