

Be Active in your own Healthcare

You are the most central and important part of your own health care. You know what is happening to your body; you know how medicines make you feel. You owe it to yourself, your doctor, and your family to get the most out of your healthcare.

To find a Medicaid doctor in your area, go to:

- www.healthcolorado.org
- Click on **Regular Medicaid** on the left information bar.

This will take you to a page that has a search tool that will help you find a Medicaid Doctor/Specialist in your area.

If you need more help, call :
1-800-804-5008



7150 Campus Drive, #300
Colorado Springs, CO 80920

Phone: 800-804-5008
Website: www.YourCHN.com



Colorado Health Partnerships

Talking to your Doctor



**The designated
Medicaid mental
health care provider
for Southern and
Western Colorado.**

☰ Talking with Your Doctor

Talking openly with your doctor or therapist is very important to getting good care. If your doctor doesn't have all the information he or she needs, you won't get the best care.

Three things to remember

- make sure your doctor understands your problems and concerns;
- make sure you understand what your doctor says and why the treatment works;
- share information with all health care professionals involved in your care.

Tips to help you talk to your doctor

Some people find it hard to talk to their doctor. Some people get nervous or don't know what to say. If you have a hard time talking to your doctor, here are some tips that can help:

- Tell your doctor everything in your life that may affect your condition even if it seems unimportant. Always answer your doctor's questions honestly and completely even if it is embarrassing.

- Make a list of all the medicines, supplements & herbs you take, List any questions you want to ask.
- Let your doctor know how the treatment is affecting you. Doctors need to know what works for you and what doesn't.
- Even the best doctor can't answer all questions. Most doctors will tell you when they don't have an answer. They also may help you find the information you need, or send you to a specialist.
- If a doctor regularly brushes off your questions or symptoms, think about looking for another doctor.
- To help you remember your doctor's instructions and terms write them down.
- It may help to bring someone else with you to help ask questions and to listen to the doctor.
- Make sure that your doctor has a copy of your instructions about what to do if you become so sick that you can't make decisions. These are called *Advanced Directives*.



Directives. A *Crisis Plan* or *WRAP Plan* is used for mental health issues.

Questions to ask your doctor

- What do you think is causing my problem?
- What test can you do to determine the problem?
- How safe are these tests?
- What are the symptoms of this condition and what are the long term effects?
- What are my treatment options? What are the benefits and risks of these options?
- If my symptoms worsen what should I do and when should I contact you?
- Should we monitor the side effects of the medication I am taking and the interactions with other medication I am taking?

Most Important - have all of your doctors / therapists stay in contact with each other. This includes specialists and mental health therapists. If this isn't possible, use the information that you have written down at your appointment so you can share this with your other doctors/therapists.