

How to Prepare for a Visit with Your Doctor During the COVID-19 Pandemic

Office visits can be short (about 15 minutes long), so preparing can help you make the most of your time with your doctor. The following tips will give you an easy way to organize your feelings, questions and concerns before your visit.

Share Any Symptoms You Have

Take time to make some notes about your symptoms before you call or visit the doctor.

Questions to ask yourself about your symptoms:

- What exactly are my symptoms?
- Are the symptoms nonstop? If not, when do I experience them?
- Does anything I do make the symptoms better? Or worse?
- Do the symptoms affect my daily activities? Which ones? How?



Give Information About All Your Medications

- ✓ Make a list or bring ALL your prescription drugs, over-the-counter medicines, vitamins, and herbal remedies or supplements with you to your appointment
- ✓ Tell the doctor how often you take each. Describe any drug allergies or reactions you have had



Write Down Any Questions You May Have

Mark the most important questions with a star so that you'll know to ask these first.

Sample questions about your condition:

- How serious is my disease or condition and how will it affect my home and work life?
- What caused the disease or condition?
- What symptoms should I watch for?

Sample questions about medicines:

- Why do I need to take the medicine? What does it do?
- Will this medicine have any side effects and issues if I am taking other medicines?
- What do I do if I forget to take my medicine?

Sample questions about other treatments:

- What do I need to do? How often?
- How long will I need the treatment?
- Does the treatment have any risks?

Keep a Log

- Record your blood sugar or blood pressure results regularly and bring the log to your appointment
- Make sure to always write down the date, time, test results, medication and dose, and diet and exercise information

Bring a Family Member or Friend with You

A family member or friend can remind you what you plan to talk about with the doctor if you forget. They can take notes and help you remember what the doctor says.



**Telehealth services are available if you can't visit your doctor in person!
Call your doctor to set up an appointment!**



To learn more about our doctor's group,
call Member Relations: (415) 590-7418



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疫情之下-看醫生前應如何準備

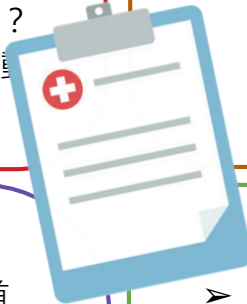
由於與醫生見面時間可能比較短（大約15分鐘），因此提前做好準備工作可以幫助您充分利用與醫生的看診時間。以下的小提示能幫助您在見醫生之前輕鬆整理您的感受，問題和疑慮。

提前記錄您的症狀

在致電或去看醫生之前，請花點時間對您的症狀做一些記錄。

問自己有關症狀的問題：

- 我的症狀到底是什麼？
- 症狀是否持續？如果不是，我什麼時候會感覺到症狀？
- 我所做的任何事情能改善症狀嗎？或更糟？
- 這些症狀會影響我的日常活動嗎？什麼活動如何影響？



提供您所有藥物的信息

- ✓ 列出藥物清單或攜帶所有處方藥，非處方藥，維生素，草藥或補充品與醫生會面
- ✓ 告訴醫生您多久服用一次，並描述您是否對其中藥物出現過敏或反應



看診前先寫下你的問題

用星號標記最重要的問題，從而確保您能首先提問這些問題。

有關您身體狀況的提問示範：

- 我的疾病或狀況有多嚴重，它會如何影響我的家庭和工作生活？
- 是什麼引起了這種疾病或狀況？
- 我應該注意什麼症狀？

有關藥物的提問示範：

- 為什麼我需要吃這個藥？它有什麼作用？
- 如果服用這種藥物的同時也正在服用其他藥物，會引起問題和副作用？
- 如果我忘記服藥，該怎麼辦？

有關其他治療的提問示範：

- 我需要做什麼？多頻繁？
- 我需要治療多長時間？
- 治療有風險嗎？

記錄日誌

- 定期記錄您的血糖或血壓，並把日誌記錄帶給醫生看
- 請確保記錄日期，時間，測量結果，服用的藥物和劑量，以及飲食和運動信息

帶上家人或朋友與您一起見醫生

當您忘記了您計劃與醫生討論的內容時，您的家人或朋友可以在身旁提醒您。他們還可以替您做記錄，幫助您記住醫生的囑咐。



如果您無法親自前往醫生醫務所，建議使用遠程醫療服務！請提前致電您的醫生預約遠程醫療就診！



要了解我們的醫生集團，
請致電會員服務部：(415) 590-7418



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