



## Get More From Doctor's Visits

Did you know that 62% of Americans say they don't feel confident that they fully understand what their doctor tells them at appointments<sup>1</sup>? Health literacy is when you have a better understanding of medical terms and can make better decisions because of it.

Below are some tips for clearer conversations at health care visits.

- Write down questions ahead of time. Bring them with you.
- Make eye contact with providers while talking.
- Tell them to slow down, repeat and explain unfamiliar terms.
- Don't be shy! No topic is taboo with your doctor.
- Ask them to suggest websites to learn more about your condition.
- Before you leave, talk through the visit summary with your provider.

## Wellness Webinar Series



**The health care choices we make:** Some health care choices are easy. If you break your arm, you'll probably seek treatment. But what if it's not that easy? In this session, you'll learn a five-step process that can help you make decisions about your health.

**November 15, 2022 | 9:00 AM, 11:30 AM and 3:30 PM, CT**

<http://go.activehealth.com/wellness-webinars>