

# Questions to Ask Your Primary Health Care Team

## General Health and Wellness Questions

- How often do I need a physical exam, breast exam, pelvic exam and Pap test?
- Do I need a flu shot or other immunizations?
- Will changing my lifestyle (diet, exercise, smoking, drinking) help me avoid certain diseases?
- What can I do to become healthier?
- Are there any reading materials or videotapes on these topics?
- Are there support groups or community services that can help?

## Medical Test Questions

- What will we know after the test is done?
- How do I find out the results? How long will it take to get the results?
- What does the test involve?
- What do I do to get ready for it?
- Are there any dangers or side effects with the test?

## Symptoms and Diagnosis Questions

- Could my symptoms be caused by or related to something other than my current condition?
- What may have caused my current condition?
- Will it be permanent?
- What can I do to learn more about my condition?

## Treatment Questions

- How is this condition treated or managed? What long-term effects will it have on my life?
- How soon should treatment start? How long will it last?
- Are there other treatments available?
- How much will the treatment cost? Is it covered by insurance?
- What are the treatment's risks and side effects?

## Medication Questions

You also can ask your pharmacist these questions:

- What are the side effects?
- What should I do if I miss a dose?
- Are there foods, drugs or activities I should avoid while taking this medicine?
- Is there a generic brand available at a lower price?