

You and Your Doctor: It's a **GIVE** and **TAKE** Relationship

- ◆ **GIVE** a few extra minutes by arriving early for your visit.
 - ◆ **GIVE** your doctor your undivided attention.
 - ◆ **GIVE** your current insurance information.
 - ◆ **GIVE** 24 hours notice, if possible, when you can't keep your appointment.
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- ◆ **TAKE** notes and ask questions about your health during your visit.
 - ◆ **TAKE** a spouse or friend if you need extra support.
 - ◆ **TAKE** your medicine as prescribed.
 - ◆ **TAKE** your doctor's diet and exercise advice.



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