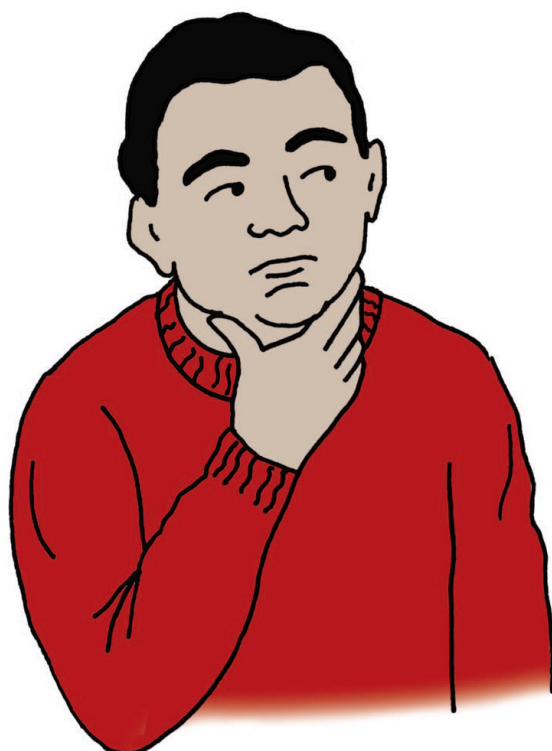


After visiting the doctor



In this info guide you will find information about

- What did my doctor say?
- Did we make a health plan?
- Did we talk about medication?
- Did my doctor say to come back?
- Did the doctor give me a referral letter?



This means important



This means an idea or tip

What did my doctor say?


This is Mal. He has been to his doctor.

He tries to remember what they talked about.

He thinks about what will help him:



- 1 Check with my support person.
- 2 Read what my doctor wrote.
- 3 If I am still not sure, phone the doctor.

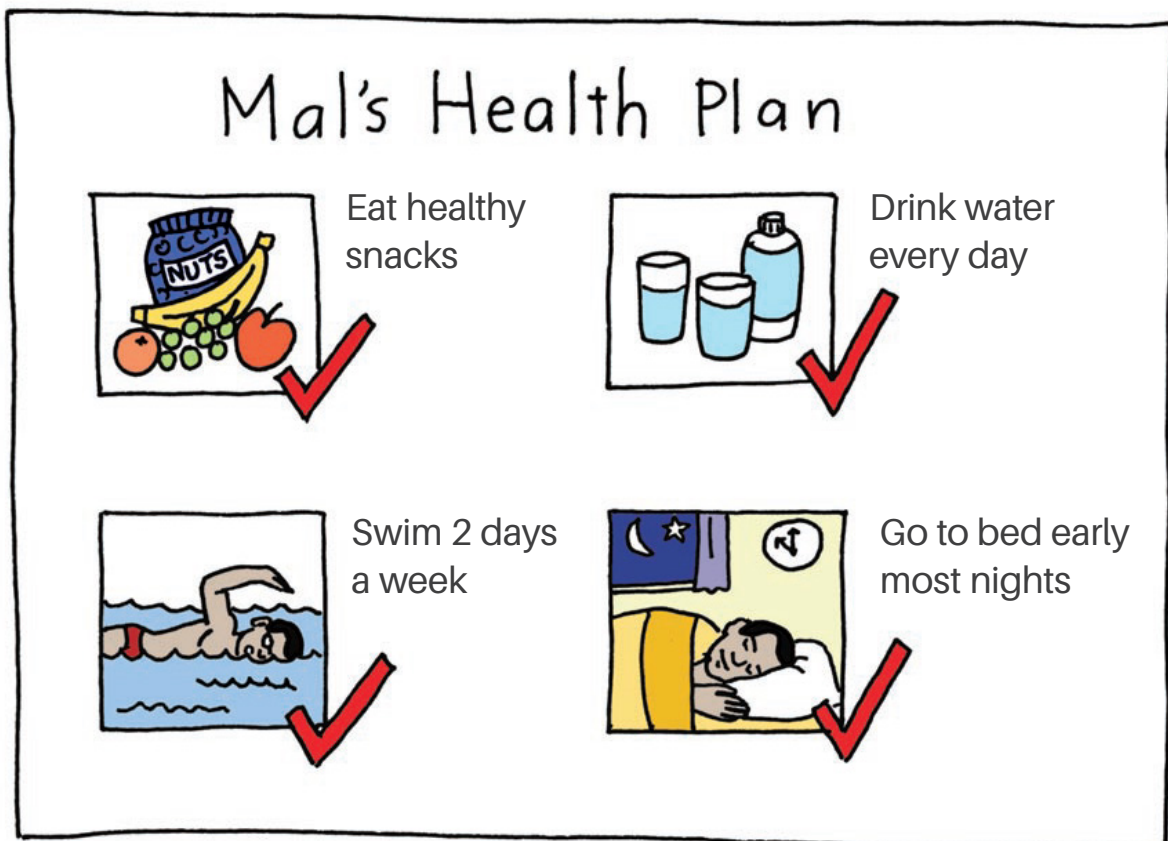
 You should take charge of your health.
It is OK to ask for help if you need it.

Did we make a health plan?

You can do things to help your health.

The doctor said Mal should try to

- Cut down on unhealthy food
- Cut down on soft drink
- Be active every day
- Get more sleep



! Every person has different abilities and needs.
Each health plan will look different.

- Try to stick to your plan
- You might need support to do this
- Health plans should be checked often

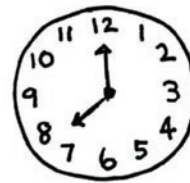
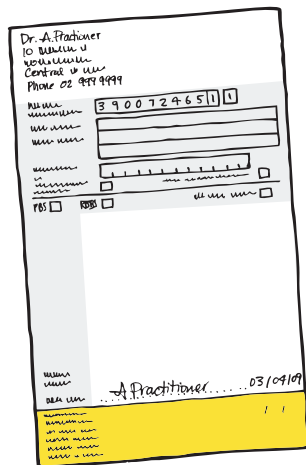
Did you and the doctor talk about medication?

The doctor may give you a piece of paper called a prescription or script.

It tells the chemist about your medication.

The chemist will tell you

- When to take your medication
- How many to take
- How many days to take them for



It helps to go to the same chemist.

Your chemist can give you info about taking medicine.

They can make a medicine list with you.

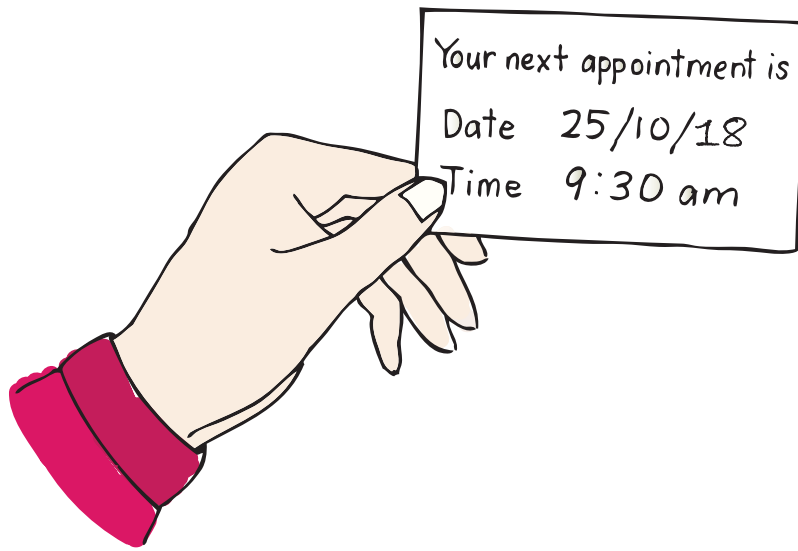
This can help you to know when or how to take your medication.

Did my doctor say to come back?

Your doctor might ask to come back.

The doctor will check if you are getting better.

You might need to try different treatment.



Make a date and time to go back to your doctor.

Make sure you go to this appointment.

If you cannot go to your appointment, make a new date and time.

! In the doctor's waiting room.

Some people find waiting very hard.

If this is a problem for you, tell the receptionist.

You should make appointments on days that work for you.

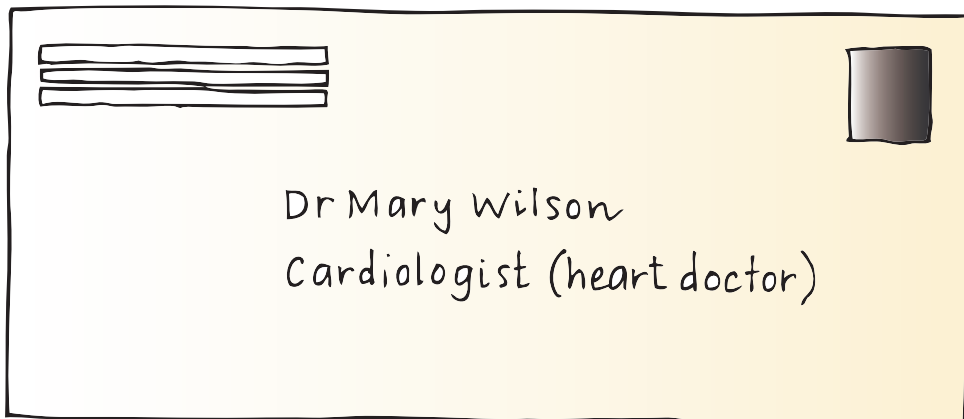
Did the doctor give me a referral?

A referral is a letter to a specialist doctor.

A specialist knows a lot about one part of the body.

For example, a heart specialist.

You call and make an appointment to see them.



Remember you can ask questions about the specialist

- Can I choose a man or a woman specialist?
- Are they near trains or buses?
- Will they use easy words or pictures?
- What will you tell them about me?
- How much will I have to pay?



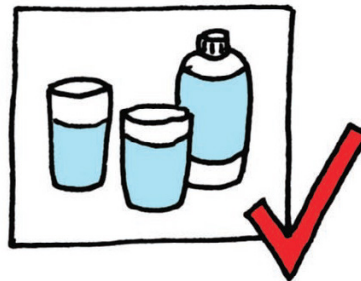
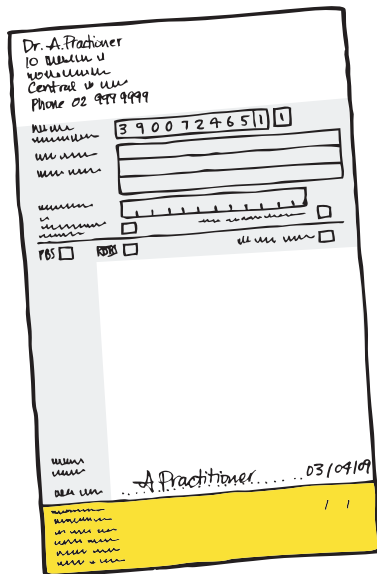
Most specialists ask you to pay.

Medicare will give some of the money back.

Remember

I can take charge of my health when

- ✓ I remember what my doctor said
- ✓ I follow my health plan
- ✓ I learn about my medication
- ✓ I make a time and date, for appointments.



Please note

This info guide is not the same as advice from a doctor.

This info guide does not know about

- Your needs
- Your health problems
- Or what is right for you.

Do not just rely on this info guide.

You should always talk to your doctor about your health.



Healthdirect

This is a phone service. Nurses can give you health info.

You can ask lots of questions. If you are not sure about your health, and you can not get to your doctor, try calling

Healthdirect 1800 022 222.



My Health Matters

My Health Matters helps you explain to doctors and other health people what is important to you.

If you would like a copy of the My Health Matters folder call us on **1800 424 065** or email mhm@cid.org.au

 www.cid.org.au/mhm



View all our easy to read health info guides here:
www.cid.org.au/health-guide

This info guide was written in July 2009.
It was updated in 2012 and 2018.

