

Maximize Your Minutes With Your Doctor Annual Wellness Visit

The average doctor's visit lasts about 12 minutes, so it's important to make the most of that precious time. Recent research shows that 78 percent of consumers believe they receive better care by asking questions, yet only 49 percent say they are able to cover all their issues during a typical appointment. To help you maximize your minutes with your doctor, **BeWell expert and endocrinologist Dr. Merville C. Marshall, Jr.**, suggests bringing the following questions along with you to your next wellness check-up:

1. What tests are being ordered and why?

2. When will the test results be available? Should I call your office to discuss them?

3. What are my blood pressure and cholesterol numbers, and what is their significance?

4. What's the purpose of each medication you're prescribing? How will I know if they are working?

5. What are the possible side effects of these medications?

6. Do the medications prescribed today replace or conflict with others that I'm already taking?

7. Are there alternative therapies to consider?

8. Here are some additional questions I've been reluctant or embarrassed to ask – *until now*. List your own questions below.

This educational information about annual wellness check-ups was proudly created in collaboration with Pfizer as part of an on-going series, "Maximize Your Minutes With Your Doctor," which aims to help patients make the most of physician visits. For more information on this topic, visit BeWell.com.