



Does your child have a doctor appointment? Be prepared!

Question guide below

Bring this sheet to your appointment and highlight the questions you have and/or add questions to the blank section.



home state health

Show Me Healthy Kids

MANAGED BY HOME STATE HEALTH

If you have any questions before your doctor visit, such as:

- If I need to get to the doctor right away and it's not an emergency, what do I do?
- If I live in a rural area and need a specialist or PCP who should I call?
- If my child is displaying non-emergency symptoms after hours is there anyone, I can call?
- If I go on vacation and my child becomes ill but not ill enough for an emergency room what should I do?
- If I do not speak English and need to get help at a doctor's appointment will someone be able to help me and how do I get this help?
- How do I determine what type of doctor my child needs?
- How can I find out what hospital a doctor for my child is affiliated with?



If you have any of these questions, call Home State Health or Show Me Healthy Kids at the phone numbers listed below.

If your child is seeing their doctor for a wellness/annual visit, you may need to ask:

1. What is my child's height/weight/head size (head size is only for infants)? Are they growing as expected?
2. Are there any problems the doctor has found on the physical exam?

3. Is my child's social and intellectual development progressing as the doctor would expect?
4. What should I do if my child is displaying certain behaviors/symptom's such as ADHD?
5. How do I best keep my child safe for their age/developmental level? (Car seat questions for young children, tooth brushing and dental care, talking to your kids about smoking or alcohol for older kids).
6. Does my child need any vaccines this visit?
 - What do the vaccines do?
 - What should we do if my child develops a fever, pain, or redness at the site of the vaccine?
 - Do we need to return for another vaccine? Should we make that appointment now?
7. If my child is displaying non-emergency symptoms after hours, how do I get ahold of you?

If your child takes medication, you may need to:

1. Bring a list or the containers of all medications your child takes currently. If your child sees multiple doctors, bring in everything they take.
2. Let your doctor know if you need refills of any medications.
3. Ask questions about how to take the medication or questions about side effects.



If your child is seeing the doctor for a chronic illness or new concern, you may need to ask:

- 1. Do we need to see a specialist? If so, who do you recommend we see? How do we set that appointment?
- 2. When do we follow up with you?
- 3. What do we do if we have questions or a problem between visits?

If you have additional questions for the doctor, add them in the blank space below.

Take notes. Remembering everything your doctor says can be hard. Write down any important information. Like your next appointment.

Be confident! Make it a goal to walk away from your appointment knowing exactly what you need to do next. If you are feeling unsure about anything, speak up and ask for help. Your doctors and nurses want to help.