



THE PATIENT  
INSTITUTE



HEALTH  
TEXAS  
PRIMARY CARE DOCTORS



# A GUIDE FOR SENIORS TAKING CONTROL OF YOUR HEALTH CARE



Live Well. Be Well. Stay Well.

# DISCLAIMER

This guide is provided for informational and educational purposes only. No doctor/patient relationship is established by this booklet, and no diagnosis or treatment is being provided. Any information provided should be used in consultation with a physician or other health care provider. No guarantees or warranties are made regarding any of the information contained in this booklet. It is not intended to offer specific medical, dental or surgical advice to anyone.

**To receive more copies of this booklet  
or a copy of the appointment log:  
Please call (210)-862-1678 or  
send an e-mail to [info@patientinstitute.org](mailto:info@patientinstitute.org)**

A GUIDE FOR SENIORS TAKING CONTROL OF  
YOUR HEALTH CARE:  
is presented by The Patient Institute

# DISCLAIMER

This booklet will give you the tools you need to partner with your doctor and take an active role in your health care. To get the most out of this booklet:

- Read the entire guide thoroughly ✓
- Follow the steps in each section ✓
- Answer all the questions so that you can refer back to them and show your doctor should you need to ✓
- Write down any questions you might have for your doctor
- Write down anything else in the notes section ✓
- Refer to the **bolded** terms in the glossary in back ✓

## IMPORTANT

ALWAYS CALL 911 OR GO TO THE EMERGENCY ROOM  
IF YOU HAVE A LIFE-THREATENING EMERGENCY

# TABLE OF CONTENTS

<b>Why Should You Take Control of Your Health Care?</b> .....	5
<b>How Do You Take Control of Your Health Care?</b> .....	6
<b>Step 1: Schedule and Prepare for your Doctor's Appointment</b> .....	8
Prescription/Over the Counter Medicines .....	10
Vaccinations .....	12
Common Allergy-Causing Medications .....	13
Medical History (Illnesses and Injuries) .....	14
Surgical History (Surgeries and Procedures) .....	15
Health and Lifestyle .....	16
<b>Step 2: Your Doctor's Appointment</b> .....	18
How to Communicate with your Primary Care Doctor .....	19
<b>Step 3: Ask Questions and Write Down the Answers</b> .....	20
Sample Questions to Ask Your Doctor .....	21
Questions to Take Into Consideration Before Visiting Your Doctor .....	23
<b>Medical Terms Glossary</b> .....	26
<b>Basic Insurance Information You Should Know</b> .....	31
<b>Notes</b> .....	33

# WHY SHOULD YOU TAKE CONTROL OF YOUR HEALTH CARE?

For many people, the U.S. health care system is often an intimidating and complicated system. From understanding how to set up and arrange an appointment with a doctor, to understanding different health insurance plans- each have their own set of procedures that need to be understood to manage one's health care effectively.

We at The Patient Institute want to help in that process by empowering and educating you to more effectively navigate the health care system. By providing education and resources to assist you in that endeavor, the process becomes less confusing meanwhile increasing your confidence and ability to maintain control of your health care needs all by yourself.



# HOW DO YOU TAKE CONTROL OF YOUR HEALTH CARE?

## You can take control of your health care by following these tips:

### **Keep track of important health information**

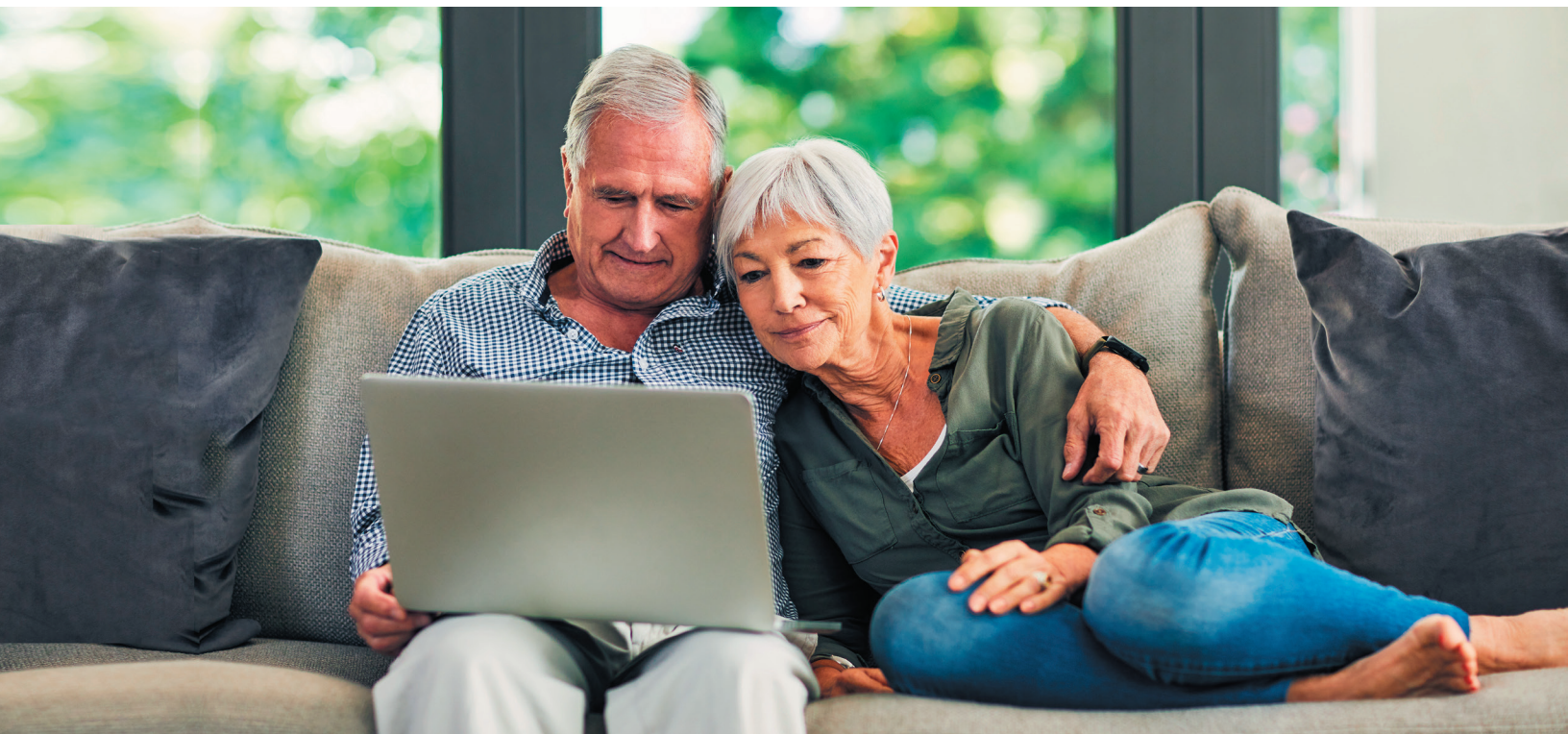
Any new information that the doctor informs you about, write it down.

### **Know your family's health history**

It's important to know of any diseases that might occur in the family so that if the doctor asks you about it you can reply surely.

### **See a doctor regularly for checkups**

During these regular checkups you can get screened for diseases such as cancer, high blood pressure or diabetes. You can also ask any questions you may have related to your current health problems, or voice new concerns.



# HOW DO YOU TAKE CONTROL OF YOUR HEALTH CARE?

## **Schedule and be prepared for appointments**

Write down everything the doctor needs to know about your medical history, like which medicines you take and what illnesses you have had or currently have. The checklists in this booklet will help you with Step 1. Keep those checklists close by; you might be asked a lot of the same questions at your appointment.

## **Ask questions and write down the answers**

Bring this booklet to your doctor's visit; it will help with Step 3. You'll have a list of your questions ready to go. You'll also have a place to take notes, so you can write down the doctor's answers, advice, and instructions.

## **Follow the doctor's advice and instructions.**

Be sure to follow all the instructions the doctor gives you. You might want to go back to your notes from the doctor's appointment — that way you can read them again and make sure you didn't miss anything.

## **Follow up after your appointment**

Whether it's because your medication was changed, you received surgery or were seen for the flu, following up with your primary care doctor is important to make sure you are in good health and properly managing your care after receiving treatment.

# STEP 1: SCHEDULE AND PREPARE FOR YOUR DOCTOR'S APPOINTMENT

## Keep track of important health information

### Call the doctor's office to make your appointment.

When you call, have the following information with you:

- ◆ The reason for the appointment, for example:
- ◆ Is it time for a regular check-up?
- ◆ Is it a follow-up appointment?
- ◆ Do you have a health problem you need to see the doctor about?

### Your name, address, telephone number, and e-mail address (if you have one)

### Your Social Security Number

### Your Medicare card and/or or health insurance card

### The name and number of your pharmacy

### The name of your primary care doctor. For referral appointments, you will need the name of the doctor who referred you.



# HOW DO YOU TAKE CONTROL OF YOUR HEALTH CARE?

- Call the doctor's office a few days before the appointment to make sure they have everything you may need, such as:**
  - ◆ Labs, like blood test results
  - ◆ Images, like X-Rays or MRIs
  - ◆ **ADVANCE DIRECTIVES**
  - ◆ Any other records or test results the doctor asked for
  
- Bring these items with you to the appointment:**
  - ◆ This booklet, with all the checklists completed
  - ◆ Your Social Security Number
  - ◆ Your Medicare card and/or other health insurance card
  - ◆ The name, address, and phone number of your pharmacy
  - ◆ Any forms or information the doctor asked for
  - ◆ Payment to cover any charges that are due at the time of the visit



# PRESCRIPTIONS AND OVER THE COUNTER MEDICATIONS

MEDICATION/ SUPPLEMENT	DOSE/ FREQUENCY	REASON FOR TAKING
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

## COMMON MEDICATIONS AND SUPPLEMENTS:

- Advil (Ibuprofen)
- Albuterol
- Amoxicillin
- Ampicillin
- Aspirin
- Atenolol
- Azithromycin
- Benadryl
- Benzocaine
- Calcium
- Cephalexin
- Clindamycin
- Dicloxacillin
- Dimetapp
- Fiber Supplement
- Folic Acid
- Furosemide
- HCT
- Hyoscyamine
- Levothyroxine
- Lisinopril
- Magnesium
- Metformin
- Metoprolol
- Milk of Magnesia
- Motrin (Naproxen)
- Nexium
- Natriptyline
- Phendimetrazine
- Potassium
- Prevacid
- Prilosec
- Ranitidine
- Rifampin
- Simvastatin
- Sudafed
- Tylenol (Acetaminophen)
- Vitamin B12
- Vitamin B6
- Vitamin D

# VACCINATIONS

## VACCINES

## DATE RECEIVED

	mm	dd	year
___ Influenza	_____	_____	_____
___ TDAP	_____	_____	_____
___ Pneumococcal	_____	_____	_____
___ Hepatitis A	_____	_____	_____
___ Hepatitis B	_____	_____	_____
___ Zoster/Shingrix	_____	_____	_____
___ MMR	_____	_____	_____
___ Chickenpox	_____	_____	_____
___ Other: _____	_____	_____	_____

**Influenza:** to prevent the flu

**TDAP:** Tetanus, Diphtheria, Pertussis shot to prevent Lockjaw, nose/throat disease, and Whooping Cough

**Pneumococcal:** PCV13 and/or PPSV23 shot to prevent Pneumonia

**Hepatitis A/B:** Hep A and Hep B shot to prevent liver disease

**Zoster:** to prevent Shingles

**MMR:** protects against Measles, Mumps, and Rubella

**Varicella:** to prevent Chickenpox

# COMMON ALLERGY-CAUSING MEDICATIONS

## **Please circle if taking:**

- 1) Antibiotics (ex: Amoxicillin, Penicillin, Tetracycline)
- 2) NSAIDs (ex: Ibuprofen, Naproxen, Aspirin)
- 3) Anticonvulsants (ex: Tegretol, Lamictal, Phenytoin)
- 4) Monoclonal antibody therapy (ex: Erbitux, Rituxian)
- 5) Chemotherapy (ex: Paclitaxel, Docetaxel, Teniposide)
- 6) Opioids (ex: Codeine, Hydrocodone)

## **Write down any other known allergies here:**

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# MEDICAL HISTORY

Illnesses or injuries you have now, or have had in the past.

## Please check all that apply

- |   |  |
|---|--|
| <input type="checkbox"/> Emphysema/COPD                                       | <input type="checkbox"/> Gallbladder Disease                 |
| <input type="checkbox"/> Tuberculosis   | <input type="checkbox"/> Ulcers                              |
| <input type="checkbox"/> Pneumonia  | <input type="checkbox"/> Frequent Urinary Tract Infections   |
| <input type="checkbox"/> Bronchitis   | <input type="checkbox"/> Sexually Transmitted Infections     |
| <input type="checkbox"/> Asthma   | <input type="checkbox"/> Prostate Trouble                    |
| <input type="checkbox"/> Congestive Heart Failure/<br>Coronary Artery Disease | <input type="checkbox"/> Arthritis                           |
| <input type="checkbox"/> Stroke   | <input type="checkbox"/> Osteoporosis                        |
| <input type="checkbox"/> Heart attack   | <input type="checkbox"/> Fractures                           |
| <input type="checkbox"/> Diabetes   | <input type="checkbox"/> Migraines                           |
| <input type="checkbox"/> High Blood Pressure                                  | <input type="checkbox"/> Depression                          |
| <input type="checkbox"/> Venous Thrombosis                                    | <input type="checkbox"/> Anxiety or Panic Disorder           |
| <input type="checkbox"/> Hepatitis A  | <input type="checkbox"/> Posttraumatic Stress Disorder       |
| <input type="checkbox"/> Hepatitis B  | <input type="checkbox"/> Alcohol or Substance Use<br>Problem |
| <input type="checkbox"/> Hepatitis C  | <input type="checkbox"/> Cancer: _____                       |
| <input type="checkbox"/> Elevated Cholesterol                                 | <input type="checkbox"/> Other _____                         |
| <input type="checkbox"/> Cirrhosis  | _____  |
| <input type="checkbox"/> End Stage Renal Disease/<br>Chronic Kidney Disease   | _____  |
| <input type="checkbox"/> Anemia   | _____  |
| <input type="checkbox"/> Thyroid Trouble                                      |  |

# SURGICAL HISTORY

Any surgeries or procedures you have had in the past.

## Please check all that apply.

Be sure to show dates if you know them.

- |  |  |
|--|--|
| <input type="checkbox"/> Appendectomy<br>(removal of appendix)       | <input type="checkbox"/> Paracentesis<br>(removal of fluid from abdomen) |
| <input type="checkbox"/> Cholecystectomy<br>(removal of gallbladder) | <input type="checkbox"/> Dialysis fistula placement                      |
| <input type="checkbox"/> Open heart surgery                          | <input type="checkbox"/> Blood transfusion                               |
| <input type="checkbox"/> Thyroidectomy<br>(removal of thyroid)       | <input type="checkbox"/> Orthopedic surgery:<br>(bone/tendon/ligament)   |
| <input type="checkbox"/> Cardiac stent placement                     | <input type="checkbox"/> Organ Transplant:                               |
| <input type="checkbox"/> Hysterectomy<br>(removal of uterus)         | <input type="checkbox"/> Cancer tumor resection:                         |
| <input type="checkbox"/> Tubal Ligation (tubes-tied)                 | <input type="checkbox"/> Other:  |
| <input type="checkbox"/> Colonoscopy/Endoscopy                       | _____  |
| <input type="checkbox"/> Ileostomy/colostomy                         | _____  |
| <input type="checkbox"/> Cataract surgery                            | _____  |
| <input type="checkbox"/> Spinal (back/neck) surgery                  | _____  |
| <input type="checkbox"/> Exploratory abdominal surgery               |  |
| <input type="checkbox"/> Cesarean section                            |  |
| <input type="checkbox"/> Hernia repair                               |  |
| <input type="checkbox"/> Tonsillectomy<br>(removal of tonsils)       |  |





# HEALTH AND LIFESTYLE.

Please answer these questions.

Do you exercise?  Yes  No

If YES what type(s):  Walking  Running  Biking  
 Swimming  Dancing  Playing Sports  
 Yoga  Stretching  
 Weights/ Resistance  Other

How long? \_\_\_\_\_ Minutes

How often? \_\_\_\_\_ Times per day

\_\_\_\_\_ Times per week

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Is violence a concern for you?  Yes  No

Have you been abused in any way?  Yes  No

Some examples of abuse are physical abuse, sexual abuse, emotional, abuse, and financial abuse.

Do you ever feel neglected or abandoned?  Yes  No

Do you ever feel confused about medicine?  Yes  No

For example, how much you should take, or how often you should take it.

# STEP 2: YOUR DOCTOR'S APPOINTMENT

We understand talking to a doctor can be intimidating, which makes asking the right questions stressful and receiving the information you want difficult. So, we have developed a few strategies for you to implement the next time you visit your doctor for your next appointment.

## ARRIVING AT YOUR APPOINTMENT:

- **Come prepared with a list of questions and concerns pertaining to any issues you want answered** (You may use the list of questions provided in this guide or write down any other questions that come to mind).
- **Prioritize your questions in order of importance.** You want your list to reflect the main issues that brought you to the appointment.
- **Take someone with you to your appointment for support or to ask any questions for you that may be too difficult.** In addition, this person may act as a translator if the doctor doesn't speak the language of your preference.

# HOW TO COMMUNICATE WITH YOUR PRIMARY CARE DOCTOR

- Be honest with what you are communicating to the doctor. The information you are providing your doctor needs to be the truth, so the doctor can treat your issues efficiently.
- Thorough communication between you and your doctor is key. Inform the doctor if you feel rushed, confused, intimidated or dissatisfied during the appointment. Ask your doctor to explain anything you don't understand, or to speak slower, louder or clearer if you are having any difficulty understanding the information.
- Doctors are here to treat your issues and give you professional advice for your health. By asking questions and voicing your concerns you are helping to build a stronger doctor-patient relationship which will ultimately improve your health.



# STEP #3: ASK QUESTIONS AND WRITE DOWN THE ANSWERS

It is important to ask questions whenever you visit the doctor. We've provided you with a list of questions to get the conversation started. You'll also have a place to take notes, so you can write down the doctor's answers, advice, and instructions.

The Appointment Log can be used for an appointment with any kind of doctor:

- **Primary Care Doctor** (Also called family care doctor)
- **Specialist** (ex: surgeon, ophthalmologist, rheumatologist, neurologist, etc.)
- Doctor at an **Urgent Care Clinic** or at the **Emergency Room**

If you would like a copy of the Appointment Log you can

1. Order them by calling (210) - 862-1678
2. Or by sending an e-mail to [info@patientinstitute.org](mailto:info@patientinstitute.org)

# SAMPLE QUESTIONS

## TESTS

- What is the test for?
- How is the test done?
- What do I need to do to get ready for the test?
- When will we get the results and what will they tell us?
- What will you want to do if the results are positive?

## GENERAL

- How much will this cost me?
- Do I need to get a second opinion?
- Do we have to do this now, or can we revisit it later?

## TREATMENT

- Why do I need treatment?
- What are my options for treatment? How effective is each treatment option? What are the benefits versus risks of each treatment option?
- Are there any side effects or warnings for each choice?
- If my symptoms worsen, what should I do on my own? When should I contact you?

# SAMPLE QUESTIONS

## MEDICINE

- How much should I take and how often should I take it?
- How does this medicine work? What is it used for?
- Will there be any effects with the medicine I'm already taking?
- What happens if I forget to take my medicine?
- Should I be concerned about any side effects?
- What should I do if I think I'm having side effects or a bad reaction?

## SURGERY

- Why do I need surgery?
- Are there other ways to treat my problem besides surgery?
- How should I get ready for the surgery?
- How long will I be in the hospital?
- What can I eat or drink after surgery?
- What activities can I safely do?
- How will I control my pain?
- Should I expect to get therapy after surgery?

# QUESTIONS TO TAKE INTO CONSIDERATION BEFORE VISITING YOUR DOCTOR

- Where is my pain located?
- Does my pain stay in one place or move around?
- Does anything specifically trigger my pain? (walking, eating, etc.)
- Do I experience numbness, tingling, burning, stinging, or electric- like sensations?
- Is my pain constant, or does it come and go?
- How has pain impacted my quality of life? (hurt relationships, lifestyle changes)
- On a scale from 1 to 10, with 10 being the worst pain imaginable, how do I rate my pain?



# MAKE A LIST OF QUESTIONS FOR THE DOCTOR

Write down the doctor's answers, so you can review them later.

QUESTION \_\_\_\_\_

\_\_\_\_\_

ANSWER \_\_\_\_\_

\_\_\_\_\_

QUESTION \_\_\_\_\_

\_\_\_\_\_

ANSWER \_\_\_\_\_

\_\_\_\_\_

QUESTION \_\_\_\_\_

\_\_\_\_\_

ANSWER \_\_\_\_\_

\_\_\_\_\_

QUESTION \_\_\_\_\_

\_\_\_\_\_

ANSWER \_\_\_\_\_

\_\_\_\_\_





# MEDICAL TERMS GLOSSARY

Below are some medical terms that are important to know.

## Primary Care Doctor

A primary care doctor is your main doctor for checkups, **vaccines**, and common medical problems, like:

- High blood pressure
- Mild Stress
- Cold or Flu
- Skin Rash
- Sprined Ankle
- Sadness or Depression
- Fever under 103°

It's a good idea to have one primary care doctor. That way, the doctor can get to know you and your medical needs. If you need special care, your primary care doctor might give you a **referral** to see a **specialist**.

## Referral

A referral is the doctor's orders for you to see a **specialist**. The doctor might give you a note for the referral appointment. Or, the doctor's office might set up the referral for you.

## Specialist

A specialist is a doctor who is an expert in one kind of medical care, like a heart doctor (cardiologist), an eye doctor (ophthalmologist), or a doctor who treats cancer (oncologist).

## Supplements (also called dietary supplements)

Dietary supplements are products like vitamins, minerals, and herbals. You should always talk to your doctor before taking them. To help you and your doctor make good choices about supplements, ask questions like:

- Do I need a dietary supplement?
- How will it work with the medication I already take?
- Are there any side effects or warnings I should know about?

# MEDICAL TERMS GLOSSARY

Below are some medical terms that are important to know.

## **Advance Directives**

Advance directives are legal papers that tell your doctor and loved ones about the kind of care you want if you become very ill and you can't make choices for yourself. Some important advance directives to have are a living will, power of attorney, and a Do Not Resuscitate Order or Do Not Intubate Order



## **CPR (Cardiopulmonary Resuscitation)**

CPR is a way to treat someone if their heart stops beating or they stop breathing. CPR could be:

- Mouth-to-mouth breathing

## **Do Not Resuscitate Order (also called a DNR)**

A Do Not Resuscitate Order is an advance directive that says the doctor cannot try to restart your heart or your breathing once it has stopped, if that is your wish. Resuscitation refers to Cardiopulmonary Resuscitation, or CPR.

## **Do Not Intubate Order (also called a DNI)**

A Do Not Intubate Order is an advance directive that says that a doctor is allowed to perform chest compressions and give you cardiac drugs once your heart or breathing has stopped, but a breathing tube will be not placed, if that is your wish.

Give a copy of the DNR/DNI to your doctor, hospital, spouse, and children. It's also a good idea to keep a copy at home in plain sight, like on the refrigerator.

# MEDICAL TERMS GLOSSARY

Below are some medical terms that are important to know.

## **Over-The-Counter Medicine (also called OTC medicine)**

Over-the-Counter medicine is medicine you can buy without a prescription. When you take OTC medicine, it is important to follow all the directions. If your symptoms don't go away, it may be time to see your primary care doctor. If you have any questions about OTC medicine, ask your doctor or pharmacist.

## **Emergency Room (also called the ER)**

The emergency room is where you should go if you ever have a **life-threatening emergency**. It's a good idea to know where the closest ER is at all times. The ER is always open, but you should not go there for problems that can be treated by your **Primary Care Doctor** or at an **Urgent Care Clinic**. It should only be used for emergencies.



## **Life-Threatening Emergency**

A life-threatening emergency is a medical problem that could put your life in danger, like:

- Pain in your chest
- Choking or problems breathing
- Bleeding that won't stop
- Fever over 103°
- Coughing or throwing up blood
- Eating/drinking something poisonous
- Getting hurt in a car accident or a fire
- Fainting or getting "knocked out"
- Thinking about hurting yourself or someone else

**ALWAYS CALL 911 OR GO TO THE EMERGENCY ROOM  
RIGHT AWAY IF YOU HAVE A LIFE-THREATENING EMERGENCY**

# MEDICAL TERMS GLOSSARY

Below are some medical terms that are important to know.

## Patient Safety

Patient safety means being on the lookout for medical mistakes, like taking the wrong pills or getting an infection in the hospital. Everyone has a role to play in patient safety. You can help by:

- Telling the doctor about all medicines or **supplements** you take
- Asking any questions you have about your health care
- Reminding doctors, nurses, and visitors to wash their hands before seeing you

## Power of Attorney

Power of attorney is an **advance directive** that lets you pick someone to make medical choices for you if become very ill and you can't make choices for yourself. This person might be a husband, wife, or child. It could also be a friend or relative. You should pick someone you trust — someone who knows you well and will make good choices for you based on your wishes.

## Prescription Medicine

Prescription medicine is a drug that must be ordered by a doctor, or other licensed medical providers. Most of the time, you will get prescription medicine from a drugstore or a pharmacy. The medical provider might give you a hand-written note or print-out to take to the drugstore.

Or, the doctor's office might call the pharmacy for you. When you take prescription medicine, it is important to follow all the directions. If you have any questions about prescription medicine, ask your doctor or pharmacist.



# MEDICAL TERMS GLOSSARY

Below are some medical terms that are important to know.

## Symptoms

Symptoms are clues that you might have a health problem. It's important to tell your doctor about all the symptoms you have, especially the ones the doctor can't see, like having pain, being stressed out, or feeling sad.

## Urgent Care Clinic (also called a walk-in clinic)

An urgent care clinic is for common medical problems that are not **life-threatening emergencies**, but should be taken care of quickly. Examples include: cuts that may need stitches or broken bones. You might also go to a walk-in clinic if you can't get an appointment with your **primary care doctor** right away, or if you need to see a doctor at night or over the weekend.

## Vaccine (also called immunization)

Vaccines help protect against many diseases. Most of the time, they are given in the form of a shot. Talk to your **primary care doctor** about which shots you should get, and how often you should get them. Some are very important for seniors, like:

- Flu shot - to protect you from the flu
- Pneumococcal - to protect you from pneumonia
- Tdap - if you are going to spend any time around a baby, you'll need this shot to protect the baby from Whooping Cough



# INSURANCE TERM GLOSSARY

Below are some insurance terms that are important to know.

At The Patient Institute, we know trying to understand the definitions of terms that insurance organizations are providing to the public can be difficult. In consideration to that difficulty, we have broken down the basic terms into easy to understand definitions for you.

## **Deductible**

Amount you owe for covered health services before your health plan begins to pay.

## **Annual Deductible**

If your health insurance plan has a \$2,000 deductible, you must pay the first \$2,000 out of pocket for your health services before the insurance kicks in.

## **Coinsurance**

Your share of costs of a covered service, calculated as a %, of the allowed amount for the service. You pay this plus any deductibles you owe.

## **Copayment**

If your copayment is set at \$30, you must pay \$30 each time you visit a doctor or fill out your prescription.

## **Premium**

The amount that must be paid for your insurance policy.

# BASIC INSURANCE INFORMATION YOU SHOULD KNOW

## **Out-of-Pocket Costs**

Your expenses for medical care that are not paid by your insurance policy. Out-of-pocket costs include deductibles, coinsurance, and copayments for covered services plus all costs for services that aren't covered in your health insurance policy.

## **Out of Pocket Limit**

The most you pay during a policy period (usually a year) before your health insurance policy begins to pay 100% of the allowed amount. This limit never includes your premium, balance-billed charges or health care your health insurance policy doesn't cover. Some health insurance policies don't count all of your co-payments, deductibles, co-insurance payments, out-of-network payments or other expenses toward this limit.

## **Enrollee**

An individual covered under the plan.









# WELLNESS SOLUTIONS

- ✓ BOARD CERTIFIED PHYSICIANS
- ✓ PREMIER PERSONALIZED CARE
- ✓ SAME DAY APPOINTMENTS
- ✓ ON-SITE LABS
- ✓ SATURDAY ROUTINE CARE
- ✓ DIABETES EDUCATION PROGRAM
- ✓ 17 CONVENIENT LOCATIONS
- ✓ SE HABLA ESPANOL



LIVE WELL. BE WELL. STAY WELL.



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(210) 731-4864  
HealthTexas.org



# THE PATIENT

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I N S T I T U T E



(210)-862-1678 | [patientinstitute.org](http://patientinstitute.org)

At the Patient Institute, we help provide guidance and education to patients and caregivers on the complexities of the health care system. Think of *The Patient Institute* as your handbook on navigating the healthcare system. From better organization at medical appointments to information on long term care and hospital stays—we've got you covered.

For more helpful tools like this booklet, go to The Patient Institute website- [patientinstitute.org](http://patientinstitute.org) and click "Tools." If you'd like more copies of this booklet or the Appointment Log, call (210)-862-1678 or send an e-mail to [info@patientinstitute.org](mailto:info@patientinstitute.org).

If you need help finding a primary care doctor or specialist:

1. Go to [www.patientinstitute.org](http://www.patientinstitute.org)
2. Click "Tools"
3. Click "The 'Find a Doctor Database'" under "Find a Physician"
4. Fill out the "Find Your Doctor" form, then click "GO"