



Rio Bravo Medical

Make the most of your next appointment with this handy checklist.

Our Mission is to provide high quality, comprehensive, patient-centered care that is accessible and convenient.

Before your Appointment

- Make a list of all your health questions. Ask a friend or relative for help if you need it. Put the questions that are most important to you at the top of the list.
- Bring all your medications in their original containers to your appointment. Or make a list including medication name, dosage, frequency you take it and why you are taking the medication. Include all prescription, over the counter, natural, herbal medicines and vitamins.
- Make a list of all other healthcare providers you have seen since your last visit with us. Include non-traditional practitioners such as chiropractor, acupuncturist, faith healers, curanderos, etc.
- Bring your blue card or other health insurance information with you. (this must be updated annually)
- If you wish, ask a trusted family member or friend to go to your appointment with you.

A medical home is an approach to providing comprehensive healthcare. When you join Rio Bravo Medical Home, you will join a team of health professionals who will provide or coordinate all your healthcare. The most important member of your healthcare team is.... YOU!
We want you to take an active role in your own healthcare!

During Your Appointment

- Use your list of questions. Ask your most important questions first in case we can't get to them all during this visit.
- Talk with your team about what health issue to work on first.
- Be sure you understand your treatment plan before you leave the office, ask for additional explanation , if needed.
- Use your own words, repeat back the things you've discussed with your team. This way, you and your team will know the information is clear.

