









Visiting doctors in the United States can be **complex**. To start, a primary care physician should be your **first** option to consider when seeking health care. Using the steps below will make visiting your doctor feel less challenging:


What you should **bring** to your visit:


What you should **do** for your visit:


	Insurance information Your insurance ID card with identification number
	Form of identification Driver's license, passport, or state ID
	List of current medicines Your usage may be adjusted or changed altogether
	Medical history Lab results, x-rays, patient notes, and previous doctor contacts

Seek interpreter services See if your doctor provides translators, or bring a friend	
Get referrals If necessary, for diagnostic testing or specialist visits	
Ask questions Clarify any confusions and understand your symptoms	
Choose a pharmacy Select where all your prescriptions will be sent to	

After seeing your doctor:


Follow up
Schedule any future appointments upon request


Be responsive
Look out for notices from your doctor such as test results & bills


Make an account
Patient portals let you see visit details and get medical reports


Get prescriptions
Pick up any prescriptions from your pharmacy