

Visiting the Doctor? Valuable Tips to Remember

(NAPS)—Today, thousands of doctors and members of the medical community nationwide rely on the CMA (AAMA) to enhance the patient's office visit. If you've recently been to the doctor's office, you certainly encountered a medical assistant—taking your vital signs and patient history, drawing blood and administering medications, listening to your concerns, or scheduling your next appointment. The CMA (AAMA) represents a medical assistant who has been certified by the Certifying Board of the American Association of Medical Assistants.

The AAMA has compiled the following tips from CMAs (AAMA) across the nation to help patients have a positive experience during their next doctor's visit:

1. Before your appointment, write down a list of questions or concerns you want to share with the physician. Put the most important ones first to make sure they get addressed up front.
2. Always remember to bring along any medications you are currently taking (or a list of medicines with dosages and strengths) including dietary supplements, vitamins, or herbal treatments. Speak up if you are having any complications.
3. Bring your personal calendar with you to make it easy when scheduling your follow-up appointment.
4. Provide the most up-to-date copy of your insurance card to the office so you minimize billing questions or issues.
5. When the medical assistant records your recent medical history and vital signs, make sure to speak



up if you've had any changes in symptoms or health history that the doctor should know about.

6. If you're having blood drawn, ask the medical assistant or health professional when you can expect a call with your lab results.
7. If you have questions about a physician's orders, a medical assistant can assist by explaining them to you.
8. Call your physician's office back if your symptoms get worse or if you have problems with any prescribed medication.

Medical assisting is one of the nation's fastest-growing careers, according to the United States Bureau of Labor Statistics, due to the growing number of physicians' offices and outpatient care facilities. Medical assistants often work side by side with physicians and other skilled practitioners, making a difference in the lives of patients they serve. All CMAs (AAMA) have passed a national certification exam and share a common commitment of providing a caring patient experience. For more information on the CMA (AAMA) credential or the medical assisting profession, contact the American Association of Medical Assistants at www.aama-ntl.org.