



## Preparing for an appointment

By preparing in advance, you can make sure that your medical appointments are as productive as possible. Learn about your psoriatic disease and the different treatment options available before your appointment. Spend some time thinking about your goals. The more you know, the better prepared you will be to work with your health care provider and manage your disease.

Also think about the setting of your appointment. You may have an in-office appointment or a telehealth (virtual) appointment.

### What to have for an appointment

If you are a new patient, make sure that your new health care provider has access to all of your past health information. This includes medical records from previous health care providers you have seen and information about treatments you have used in the past. If you do not have a copy of your medical records, ask your last health care provider to send your records to your new provider.

Whether you are a new patient, or if this is a follow-up appointment, it may be helpful to bring these things to your appointment:

- A photo identification card or driver's license.
- Your health insurance card.
- A list of your current medicines, including any vitamins or supplements that you are taking. You can also bring the medicine bottles or containers along if that is easier than writing a list.
- A list of treatments that you have tried in the past for your psoriasis or psoriatic arthritis that caused side effects or didn't work.
- A list of your health concerns or questions that you want to discuss. Be sure to also share about other health conditions or diseases that you might have.

If you keep a journal of how your psoriasis or psoriatic arthritis symptoms change, this would be helpful to share with your health care provider as well.

## Preparing for a telehealth appointment

Although telehealth appointments are very similar to in-office appointments, there are a few extra steps that you may consider:

- Make sure that you are in a room that is quiet and has good lighting.
- Log in for your appointment a few minutes early in case you run into any technical issues.
- Use a device with strong internet connection.

## Tips on communicating with your health care provider

Time is limited during appointments with your health care provider. Prepare for your appointment by thinking about what are your most important concerns and questions. Having clear priorities may help you get the most out of the appointment.

- Be open about your health concerns and treatment questions such as side effects or if you feel that you may not be able to follow a treatment plan.
- Clearly explain your symptoms, such as what areas are affected, changes in severity, how long that particular area has been affected or things that you think may be triggering your symptoms to flare. If you've kept track of your symptoms using a symptoms tracker (on paper or on your phone), share your tracker with your provider. It's very helpful for your provider to know when symptoms appeared and/or changed.
- Describe how your psoriatic disease may be impacting your quality of life, such as how it affects your overall emotional well-being and your ability to enjoy life.
- Take notes or bring a friend or family member to your appointment to help you remember answers to your questions.
- Ask questions to make sure you understand your treatment instructions and what your health care provider wants you to do.
- If you do not understand your health care provider, ask them to explain their answers again.

### Work with a Patient Navigator

NPF's Patient Navigation Center provides free and personalized assistance to anyone impacted by psoriatic disease, including families and caregivers.

**You can reach our navigators by phone, text, email and chat Monday-Friday 7:30 am - 4:30 pm PST.**

Phone: **1-800-723-9166 (option 1)** | Text: **503-410-7766**

Email: **education@psoriasis.org** | Chat: **psoriasis.org/navigationcenter**

*National Psoriasis Foundation educational materials are medically reviewed and are not intended to replace the counsel of a physician. The Foundation does not endorse any medications, products or treatments for psoriasis or psoriatic arthritis and advises you to consult a physician before initiating any treatment.*