

FALL RIVER EMPLOYEE BENEFITS



Healthcare Provider FAQ's

Getting answers from your doctor starts by knowing the right questions to ask. Here's a compiled list of common questions you can use as a starting point. Review this list with your healthcare provider and add other questions specific to your situation as needed.

MEDICATION

Why do I need this type of medicine?

When should I take my medicine and for how long?

Are there any foods, drinks, drugs or herbs I need to avoid while on this medicine?

What are the side effects and what should I do if I get them?

What should I do if I forget a dose?

HEART HEALTH

What are my cholesterol numbers and what do they mean?

What is my blood pressure and what do the numbers mean?

What steps should I take if my blood pressure or cholesterol is high?

How often should I have my blood pressure and cholesterol checked?

DIET, EXERCISE & WEIGHT LOSS

Which foods should I eat and which ones should I limit?

What types of dietary fat are harmful?

Is it OK for me to drink alcohol?

Which types of physical activity are best for me?

How often should I exercise, for how long and at what intensity?

How much weight do I need to lose?

What is a safe and healthy rate of weight loss?

What can I do to reduce calories reasonably?

Once I lose the weight, how do I keep it off?

SMOKING

What steps should I take to get ready to quit smoking?

Are nicotine patches, nicotine gum or other medications right for me?

How can I successfully cope with nicotine cravings?

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Do I need to worry about weight gain and what should I do if that happens?
How can friends and family members help?

Making healthy choices and asking the right questions will lead to less stress and better overall health. We all can agree that those benefits are worth the work!

Questions provided by David Herr, M.D., chief medical officer with Rocky Mountain Health Plans, a Colorado-based not-for-profit health plan.

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