

ENHANCE LONGEVITY

*Patient Advocacy*

GUIDE

REVERSE THE EFFECTS OF AGING SUMMIT 2023

DEEPAK SAINI PERFORMANCE

AMRUTI BORAD, DO

CONCIERGE FAMILY PHYSICIAN

VORCIS PHYSICIAN COACHING

MEDICAL STUDENT COACH

PHYSICIAN COACH

# BEING YOUR OWN

## *Advocate*

As a patient or caregiver, navigating the complex healthcare system can be overwhelming. It is crucial to have a solid understanding of how to advocate for yourself or your loved one to ensure that the best possible care is received.

To aid in this process, I have created this patient advocate guide, that is designed to provide you with a comprehensive approach on how to effectively navigate the healthcare system and become your own advocate. or teach others to do so!

# BEING YOUR OWN

## *Advocate*

● Find a Primary Care Physician

● Schedule Preventative Care Visits

● Prepare for your Visit

● Bring an Advocate

● Honest Communication

# FIND A PRIMARY CARE PHYSICIAN: YOUR PARTNER IN HEALTH

ESTABLISHING A RELATIONSHIP WITH A PRIMARY CARE PHYSICIAN (PCP) IS AN ESSENTIAL FIRST STEP IN MANAGING YOUR HEALTHCARE. WHEN SEARCHING FOR A PCP, CONSIDER THE FOLLOWING FACTORS:

## INSURANCE VS CASH:

If you choose to use insurance, check with your insurance provider to ensure that your chosen PCP is covered under your plan.

## RECOMMENDATIONS:

Consider asking your friends or family for recommendations

Use your social media outlets, like community forums (meta, etc) to ask for recommendations

## CREDENTIALS AND EXPERIENCE:

Look for a PCP who is board-certified and has experience treating patients with similar health concerns.

# FIND A PRIMARY CARE PHYSICIAN

## BE WARY OF REVIEWS:

Online reviews are often polarizing, but most Physicians will provide great care.

## SCHEDULE A MEET AND GREET:

Some offices will allow you to schedule an appointment, free of charge, to meet with the PCP you are considering establishing care with. Take advantage of this to determine if it's a good fit- personality, accessibility, availability, etc.

## TAKE YOUR TIME:

It's ok to turn down a PCP or change your mind about your chosen PCP. It is important you choose a partner that is right for you.

# SCHEDULE A PREVENTATIVE CARE VISIT:

“PREVENTION IS BETTER THAN A CURE”

-DESIDERIUS ERASMUS

PREVENTATIVE CARE IS ESSENTIAL FOR  
MAINTAINING GOOD HEALTH AND PREVENTING  
CHRONIC CONDITIONS. PREVENTATIVE CARE  
ALLOWS YOU THRIVE. TO MAXIMIZE THE BENEFITS  
FOLLOW THESE TIPS:

## RECORDS:

If you are new to the practice or you have completed anything outside of the your PCP's office, either bring in or have all pertinent records sent prior to your visit.

## FAMILY HISTORY:

Sharing your family history, in detail (diagnoses, age of diagnoses, reason for death, age of death, for example) can be crucial to determining what screening tests your PCP may order. This is especially important for first and second degree relatives. Gather as much of this information as possible prior to your visit.

# SCHEDULE A PREVENTATIVE CARE VISIT

## SCREENINGS/LIFESYCLE RECOMMENDATIONS:

Use this visit as an opportunity to discuss topics you may not typically have time to address during normal visits: cancer screenings, mental health and memory screenings, immunizations, diet, exercise, supplements, review/eliminate/add medications, vision/hearing screenings.

## DON'T CANCEL:

It's important to prioritize this appointment. If you must cancel, make sure to reschedule!

## PREPARE FOR YOUR VISIT:

“BEFORE ANYTHING ELSE, PREPARATION IS  
THE KEY TO SUCCESS.”

-ALEXANDER GRAHAM BELL

PREPARING FOR YOUR DOCTOR'S APPOINTMENT  
ENSURES YOU MAKE THE MOST OF YOUR TIME,  
RECEIVE COMPREHENSIVE CARE, AND ACTIVELY  
PARTICIPATE IN YOUR HEALTH DECISIONS.

## RECORDS:

If you are new to the practice or you have completed anything outside of the your PCP's office, either bring in or have all pertinent records sent prior to your visit. If this is not possible, bring in records or determine how to access records via an online portal.



# PREPARE FOR YOUR VISIT

## TOP THREE CONCERNS:

Write down all of your concerns and then prioritize three of them. Even with longer visits, depending on your most pressing concerns, it can take an entire visit to address these appropriately.

## SEND A PRE-VISIT MESSAGE:

If you are already established with your PCP, consider sending a message via your PCP's online portal ahead of your visit with your top three concerns so that your PCP is already aware and can reflect on them.

# PREPARE FOR YOUR VISIT

## SCHEDULE A FOLLOW UP

You may need to follow up with your PCP depending on your discussion and if you have several other concerns. The last thing you want to do is rush and then miss an opportunity to prevent or treat a disease.

# BRING AN ADVOCATE TO YOUR APPOINTMENTS:

“ADVOCACY IS EMPATHY, COMPASSION, AND  
COMMUNITY AT WORK.”

-JANNA CACHOLA

BRINGING AN ADVOCATE TO YOUR DOCTOR'S  
APPOINTMENT CAN PROVIDE SEVERAL BENEFITS  
FOR YOUR OVERALL HEALTH AND CARE, INCLUDING  
ENHANCED UNDERSTANDING AND  
COMMUNICATION, IMPROVED RECALL AND  
RETENTION, EMPOWERED DECISION-MAKING,  
EMOTIONAL SUPPORT, AND ENHANCED  
CONTINUITY OF CARE.

## ADVOCATE AND ROLE:

An advocate can be a family member, caregiver, friend, or power of attorney. Discuss with them ahead of time what their role will be at your appointment - answer all questions, fill in the gaps, or translate, for example.

"COMMUNICATION MUST BE  
HOT. THAT'S HONEST, OPEN,  
AND TWO-WAY."

- DAN OSWALD

BEING HONEST WITH ONE ANOTHER WILL ALLOW  
FOR ACCURATE DIAGNOSIS AND TREATMENT,  
INFORMED CONSENT AND SHARED DECISION-  
MAKING, PREVENTION OF ADVERSE EVENTS AND  
COMPLICATIONS, BUILDING TRUST AND RAPPORT,  
AND ENHANCED PATIENT OUTCOMES.

## OPEN COMMUNICATION:

Build trust via vulnerability, learn how to disagree together, and  
know that honesty can not only improve your quality of life, it can  
save your life!

# SELF-ADVOCACY:

KNOW YOURSELF

KNOW WHAT YOU NEED

KNOW HOW TO GET IT

# Let's Connect!



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