



# MAKE THE MOST OF YOUR PHONE APPOINTMENT

RCCHC's top priority is the health and safety of our patients and staff. For that reason, we are moving many of our appointments to phone consults.

Your telephone appointment will be similar to your regular appointment, just over the phone! Keep these tips in mind to make the most of your time with your provider.



Find a quiet, private place to receive your call.



Keep your phone nearby and make sure the ringer is NOT on mute



**Be prepared at least 15 minutes before your appointment time to be checked in:**

- Have your insurance card(s) ready
- Have a list of your current medications, vitamins and supplements on hand with their dosages
- Have a list of your current medications that need refilling at this time
- Have your weight, blood pressure, and glucose values written down (if possible and as appropriate)
- Write down any questions you might have for your provider beforehand