

# 14 ITEMS TO TAKE WITH YOU TO THE DOCTOR

1. Blood test and imaging results
2. Summary letters from the specialist (if related)
3. List of current medications and dosages
4. Written list of questions you have
5. Your calendar so you can schedule your next appointment when you're there.
6. Your magnetic card from the kupah.
7. If you are going to an imaging or other test in a hospital, or or a hospital clinic, you need to bring the Tofes 17, or hitchayvut, that you have received from the branch medical secretary.
8. Snacks and/or toys if you're going with little ones.
9. Previous health records if you've recently moved, either kupah or geographic area, even from within Israel.
10. Referral letter from GP if you are seeing a specialist in the kupah.
11. Money to pay for the ~ 30 NIS specialist fee if you do not have it automatically debited from your account in the kupah.
12. If the doctor a special test (CT, MRI) make sure you understand what it's for and ask the secretary where you can do the test and if you need a hitchayvut.
13. If the doctor prescribes medication, make sure you ask if 1) it's covered in the basket of services or will you need special permission to have it paid for, 2) what are the side effects and 3) is the generic the same.
14. Ask the doctor about routine tests such as a clinical breast exam, PAP smear, colonoscopy, thyroid exam, blood pressure, and cholesterol if s/he doesn't ask you.