




1	Think about questions you might have before your visit, and prepare a list. Your questions are important and help you feel comfortable.
2	Come prepared with all necessary documents for your visit. This includes the names of medications, access to medical documents, insurance info, co-payments if necessary, etc.) If you're not sure of what you need, contact the clinic before your visit.
3	Reproductive healthcare visits might make a patient nervous. Prepare how you can talk with your provider about sensitive topics in a way that makes you feel comfortable. Notify the provider at any time if you are uncomfortable during your visit.
4	Your preferences matter! Don't be afraid to ask questions about your plan of care: how it will fit into your lifestyle, your personal likes & dislikes, etc. Your provider should be able to recommend a plan of care that best accounts for your preferences.
5	Your provider is your partner in ensuring the best quality healthcare for your life. Don't be intimidated by technical medical terminology, and don't be afraid to ask your provider for clarification in language you understand.
6	Always complete visit evaluations that rate your experience of the quality of the care and other factors that make up your visit. Remember that you can change doctors at any time.
7	Share your experiences with other women to help empower others to honor their personal preferences in medical settings.

FOLD #1





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Converge *Personally*
Partners in Access BY Converge

FOLD #2

We've partnered with Converge, a nonprofit organization dedicated to improving the patient-centered experience in reproductive health care settings, to get a few tips on how to best honor your personal preferences in any kind of doctor's visit you might have.



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How to Advocate *for*
**Your Best Patient
Experience at the Doctor**



In partnership with  **Converge**
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