



Strong doctor-patient relationships are built on teamwork, where you and your doctor work together to reach your health goals.

Open and honest communication is important for good healthcare. When you feel comfortable talking to your doctor, you are more likely to ask questions and share important information. This helps your doctor understand your concerns and develop a treatment plan that works best for you. Honesty about symptoms ensures the true picture is captured and treatment can be tailored to you. This goes as far as being honest about tobacco, drug, and alcohol use, how frequently you exercise, or what your diet looks like. Or, this could mean sharing that you are having issues paying for medication that has been prescribed to you. This honest and open communication ensures your doctor can find solutions to these barriers instead of recommending additional treatments that are not going to work with your lifestyle.

A doctor who knows you well can tailor your healthcare plan to your individual needs and preferences. They can consider your medical history, lifestyle, and risk factors to provide the most effective and appropriate care. Having a regular doctor who knows your medical history can provide consistent care, if you have a cardiac condition that requires ongoing treatment. This can help you avoid unnecessary tests and procedures, and it can also make it easier to manage your health.

You will have a stronger sense of security. When you trust your doctor, you feel confident that they are looking out for your best interests. This can provide you with a sense of security and peace of mind. You know that they are treating you like they would treat a family member and that can ease your concerns. This not only increases your satisfaction with your healthcare experience, but it also makes you feel like you have more control over your own health and well-being.

The more comfortable you are with your doctor, the more likely you are to follow your doctor's advice and take your medication as prescribed or more closely follow your treatment plan. This can lead to you feeling better and better health overall.

Here are some tips for building a good relationship with your doctor:

- Be open and honest with your doctor about your habits and your lifestyle.
- Ask questions if you don't understand something the doctor has said or prescribed.
- Tell your doctor if you have concerns about a treatment recommendation.
- Follow your doctor's instructions and be willing to work toward making improvements to your health.
- Schedule regular appointments and be respectful of your doctor's time by showing up prepared for the appointment.
- Let your doctor know if you are unhappy with your care.

It's never too late to start building a strong relationship with your doctor. If you're unhappy with your current doctor or don't like the care you are getting, don't hesitate to seek a new one who fits better with your needs and preferences. A relationship with a doctor is like any relationship, and you need to feel that it's the right one for you. If something about the arrangement doesn't feel right, that's worth paying attention to. After all, your doctor is supposed to be your trusted advocate. If you are unsure about how to find another doctor, give your insurance company a call and they can help with the process of finding someone in your plan's network.