

## Getting Second Opinions

Getting a second opinion can give you more information and the knowledge you need to make an informed decision about a medical procedure. Doctors have similar training, but often have different opinions about diagnosing and treating conditions or diseases, so getting a second opinion can give you a fresh perspective and more information. APWU Health Plan covers second opinions. Following are some tips:

- Ask your doctor to recommend another doctor-most doctors welcome a second opinion, especially when surgery or long-term treatment is involved.
- Contact another doctor you trust and ask for a recommendation.
- Have your medical records sent to the new doctor before your visit. You need to give written permission to your current doctor to forward your records or test results.
- Learn as much as you can about your condition.
- Do not rely on a telephone conversation or the Internet for a second opinion. You need to be seen by a doctor. A sound second opinion should include a physical examination, a thorough review of your medical records, and a written report to your primary doctor and you.

Source: U.S. Department of Health and Human Services