

## Open Notes FAQ

### **Q: How do I find my notes?**

**A:** In your MyInterMed account, click on the **Medical Records** tab and select **Visit Summary**. Click the **Visit Note** button for the appointment you want to review. If you do not have a MyInterMed account, you can sign up at the front desk or at [www.InterMed.com](http://www.InterMed.com) by selecting [“My InterMed Patient Portal.”](#)

### **Q: What is in my office visit notes?**

**A:** Your doctor or other care team member summarizes important information about your visit. These office visit notes include your treatment plan and next steps. The notes become part of your medical record. Office visit notes are more detailed than the visit summaries in your MyInterMed account that you may be familiar with. Office visit notes may contain:

- A summary of what you told the doctor, nurse, or care team member, also called history.
- Findings from an exam, such as your blood pressure, weight, or how your lungs sounded.
- A list of medications you take.
- Lab, radiology, pathology, or other test results.
- Your doctor or care team members assessment or diagnosis of any medical conditions or symptoms, also called assessment.
- The treatment plan recommended by your doctor or care team member and discussed with you.
- Next steps, including upcoming tests, follow up appointments, new medications, or referrals.

### **Q: When will my notes become accessible after a visit?**

**A:** You will receive a patient portal message when a new note is available for you to read.

- Your office visit notes will be available once your doctor or care team member has completed their summary of your visit.
- Lab and imaging test results will be available as soon as the result is available, often before the doctor or care team member has had time to review. If your care team needs to discuss the results with you, you can expect a call with additional information from them once they have reviewed the results.

### **Q: Why should I review my notes?**

**A:** Studies show that most patients remember less than half of what was discussed during the office visit. Sharing notes helps to ensure that you and your care team are on the same page. Reading your notes can help you:

- Manage your healthcare more confidently and feel more prepared and in control.
- Better recall your care plan.
- Understand your medications more thoroughly.
- Remember to schedule follow-up appointments and tests.
- Share health information with family members involved in your care.

### **Q: What questions should I ask myself while reading notes?**

**A:** You may ask yourself:

- Does this note accurately describe the visit?
- Are the medications, symptoms, and health problems correct?
- Should I share my note with another member of my care team or family?

- Is there anything I'm worried about that I want to clarify?
- Is there anything I don't understand? Could I get help with understanding medical terms, a diagnosis, or the care plan?
- Is there information I forgot to share with my doctor, like symptoms or important family history?
- Are there mistakes in my record that I should follow up on?

**Q: What if I don't understand something written in the note?**

**A:** If you have questions, feel free to contact your doctor's office.