

# Keep all of your clinic appointments

**Stay Connected**

Take control of your health by seeing your health care providers regularly.



## The 1917 Clinic at UAB

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Birmingham, AL 35294-2050

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[www.1917clinic.org](http://www.1917clinic.org)

Clinic Hours:  
Monday–Friday, 8AM–5PM



**Keep all of your  
clinic appointments.**

**Your health depends on it!**



## How to Stay Connected

- Keep all of your scheduled clinic appointments.
- Work as a team with your health care providers.
- Talk openly and honestly with your health care team.
- Ask questions that are important to you.

## Why Is It Important to Keep All of Your Clinic Appointments?

### Your Health Depends on It!

At your appointments

- We can check your health and make changes to your treatment plan if needed.
- We can give you the best medical care.
- You can take control of your health.

*In one large study, people with HIV who attended all of their clinic appointments lived longer.*

*Source: Clinical Infectious Diseases, 2007.*

**Remember—it is important to come to all of your clinic appointments whether you feel sick or feel well.**

## Ways to Remember Your Clinic Appointments

- Write all of your appointments in a calendar.
- Put reminders or alerts in your cell phone.
- Put your reminder card in a place where you will see it often.
- Make sure we have your correct telephone number and address.
- Let us know right away if your telephone number or address changes.

If something comes up and you can't keep a clinic appointment, please call us at least 2 days in advance. It is important to reschedule if you miss an appointment.