

## Tips for the Consultative Examination

1. You **MUST** attend any consultative exam that is scheduled for you. Social Security may deny your claim simply because you did not go to your exam. If there is any reason you cannot go, contact your analyst at DDS immediately. The letter you receive letting you know the exam has been scheduled will have the contact information for this person.
2. If you cannot drive, have someone take you to the exam. Do not drive yourself. If you are unable to get a ride, contact your analyst at DDS and they will arrange transportation for you.
3. Be completely honest, but answer the doctor's questions as if it is a bad day. Do not exaggerate your condition because this can make you lose credibility with the doctor.
4. Bring or wear any assistive devices, such as a cane, walker, wrist support, hearing aides etc. Warning! If you don't bring your assistive devices with you, the doctor will note that you did not have them. This can really hurt your claim, and you won't have a chance later to explain why you didn't have them with you.
5. Bring all relevant medical records to the consultative exam to show the doctor.
6. Bring all of your medications.
7. Don't let the doctor force you to do something that will hurt you. Be as nice as possible, and even try, but if you can't physically do what the doctor wants you to do, or if it will put you in bed for the next few days, please don't do it. There is a chance the doctor will note in your records that you were defiant or difficult. Be honest and nice, but do not let yourself be forced to do something that will hurt you.
8. Keep notes about how long the exam lasts and any tests that were performed.
9. You never know when you are being watched. Doctors will often include things they see their patients do in parking lot, the hallway, or the waiting room. The following examples are real situations.

Scenario One: The doctor was informed by his receptionist that when the patient walked into the office, she had her cane tucked under her arm. She was walking fine without it but when her name was called she acted as if she couldn't walk without it. He noted this in the report for Social Security. Her claim was denied.

Scenario Two: A patient with a back injury said he couldn't sit for more than 15 minutes. The doctor was running late and when he came out to greet him the patient was asleep and had been sitting upright for over 30 minutes. His claim was denied.

Scenario Three: A claimant told her doctor she couldn't do the walking tests because it hurt too much. A few minutes later she received a call on her cell phone. She stepped out of the room and ran down the hall to take the call in private. Her claim was denied.

Tip: Remember... others may be watching you. Act accordingly. The perception you create will determine the outcome of your disability case. Everything you do counts.