



Tips for Being a Partner in Your Healthcare



Ask, Understand, Share, Prepare!

Tip 1: Ask questions

- Speak up if something is unclear or confusing. Asking questions is not always easy. You can say, “I’m not sure I understand what you said. Can you tell me again?” Or, “Can you try explaining it to me in a different way?” This helps your doctor know right away that you had trouble understanding them.

Tip 2: Make sure you understand your care

- Take notes. It can be hard to remember all the information your doctors tell you. It is helpful to write it down. You can also ask a friend or family member to go with you if you feel comfortable sharing your health information.

Tip 3: Share your observations

- It is important to share your observations about your own body and your concerns about your health with your health care team.

Tip 4: Prepare for your visit

- It will help both you and your doctor if you gather some information about your health ahead of time. Before your visit write down:
 - Your health history and your family’s, especially if anything has changed since your last visit
 - Any medicines you take, how much you take and how often (include vitamins and over-the-counter drugs)
 - Any symptoms you’re having

Being an active partner in your care helps you get the best possible care from your health care team.