

# Speak Up for Your Needs



Taking an active role in your health care puts the focus on you and helps you receive the right care in the right place and at the right time.

## DESCRIBE YOUR SYMPTOMS AS CLEARLY AS YOU CAN.

You may be asked to state your pain on a scale of 1-10. The higher the number, the more it hurts.

No Pain



0 1

Mild Pain



2 3

Moderate Pain



4 5



6 7

Severe Pain



8 9

Worst Pain



10



## TIPS TO SPEAK UP

- Ask for things to be explained in terms you know.
- Ask about the pros and cons for screening tests.
- Ask about the benefits and risks for treatment options.
- Ask for written directions for:
  - Medicines
  - Medical treatments
  - Self-care measures
- Ask if you should avoid any foods or drinks. This includes alcohol.
- Ask what you should do if you have side effects from medicines and other treatments.
- Ask when you need to see or contact your healthcare provider next.
- Learn how to access and use your provider's digital patient portal so you can keep track of your health information and communicate securely with your provider when you have questions about your care.