

Be involved in your health care

FACT: Asking questions and understanding the answers is one way to make sure you get good quality health care.

Knowing facts about your health can help you and your health care provider decide what to do.

Take your health insurance information, health history, and medications (or a detailed list) with you.



Prepare a list of questions and concerns before your visit.

At the visit, ask the most important question first.



Take notes, record what was said, or take someone with you to help you understand and remember what to do.



It is not easy to remember everything your health care provider discussed with you.

