



Be Involved in Your Health Care

Plan for Success

Speak up if you have questions or concerns about any aspect of your care or if treatment is not helping you or is causing bothersome side effects.

Understand your health conditions. Find out what could happen if you follow proposed treatment and what could happen if you do not. Ask if there is something else that can be done instead.

Carry with you an up-to-date list of all medications, vitamins, supplements, and herbals you take. Include allergies and adverse reactions you have had to medicines and foods.

Consult your health care team between visits if you have a health issue you cannot deal with.

Enlist a family member or friend to attend health care visits with you to both get and give information, as needed.

Share your beliefs, ideas, and values about your care and proposed treatment options with your health care team.

Schedule appointments with your health care team, as advised. If you cannot keep a scheduled appointment, call your "Cancel Appointment" number. Schedule another one.

