



Be involved in your health care. Be proactive!

3 Steps to Turn this Message into ACTION

1. Before a visit or discussion with your health care team:

- **LEARN** about healthy living, disease prevention, and health conditions you have.
- **LIST** your symptoms and questions that are the most important to ask about. If you have time, go through other questions you have.
- **LIST** all the medications, vitamins, and herbals you take. Include allergies you have to medicines and foods. Have a list of your personal and family health histories.

Your health care team can better help you when you provide facts about your health and are honest and open about your needs.

2. During a visit or discussion with your health care team:

- **LET** your care team read or know what is on your list.
- **LISTEN** to your care team's advice and treatment options.
 - Ask for information in terms you can understand.
 - Bring a friend or family member with you for support and as an extra set of ears to help you remember what was said.
 - Ask for a written care plan or instructions.
- **LOOK** carefully through your care plan with your health care team to fully understand and agree on what you both need to do.

3. After a visit or discussion with your health care team:

- **LET** your care team know if and why you feel the need to vary your care plan.
 - Tell your care team what works and what does not work for you.
 - Discuss any problems you have with medicines you take.
- **LIVE** a healthy lifestyle to help prevent and manage health problems and to keep them from getting worse.
- **LET** your health care team know if you have to cancel an appointment. Schedule another one.
- Ask questions if you need to clarify something by calling or using an online patient portal.

