



Be involved in your health care.

Being involved in your health care empowers you to make choices that can affect the length and quality of your life. Work with your doctor and health care team to make medical decisions best suited for your needs.

- **Give information.** Share your personal and family health history. At each health care visit, take a list of all of your medications and the top 3 questions you have.
- **Get information.** Ask for the benefits and risks of treatment options. Ask for things to be stated in terms you understand. Get written directions for medications, medical care, and self-care measures.

Make wise health care choices.