








HOW TO ADVOCATE FOR YOUR HEALTH



MID-IOWA HEALTH FOUNDATION

HEALTH 
CONNECT
FELLOWSHIP

- ♥ Bring a notebook to appointments.
 - ♥ Share any symptoms you have with healthcare provider.
 - ♥ Share family history of any health conditions with healthcare provider.
 - ♥ Ask the name of your diagnosis. (if applicable)
 - ♥ If you do not hear or understand; ask to repeat until you understand. Ask to include diagrams or drawings.
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HOW TO ADVOCATE FOR YOUR HEALTH

- ♥ Share all prescriptions and over-the-counter medicines or vitamins you are taking with your healthcare provider.
- ♥ Ask about side effects of medicines, procedures or surgeries.
- ♥ Ask for additional testing if you still do not feel well. Ask the provider to listen to you.
- ♥ Ask to speak with another provider if needed.
- ♥ Bring a friend or family member to assist you.
- ♥ Schedule a follow up appointment as needed.



EDUCATE & ADVOCATE

