HOW TO ADVOCATE FOR YOUR HEALTH

♥ 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.
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.