

- Like many people, you may see more than one health care provider.
- List below all the medicines you are taking.

Name: _____

Your Medicines

-
-
-
-
-

Non-Prescription Medicines

(medicines you can buy without a doctor's note)

-
-
-
-

Vitamins/Herbals

-
-
-

Do you have any allergies or bad reactions to medicines?

Emergency contact (name & phone number)



It's Safe to Ask

Ask your health care provider:

- 1** What is my health problem?
- 2** What do I need to do?
- 3** Why do I need to do this?



Ask your health care provider:

1 What is my health problem?

2 What do I need to do?

3 Why do I need to do this?

It's Your Right to Ask

Who needs to ask questions?

- You do! Everyone has questions about their health.
- You are not the only one who sometimes finds things confusing.
- Ask questions to understand how to get better and how to take care.

What if I ask and I still don't understand?

- Say, "This is new to me. Please explain again."
- Don't be embarrassed if you still don't understand.
- Ask more questions if you want to.

Who can answer?

Your health care provider wants to help you by answering your questions.

Can I bring someone with me?

Yes, a friend, family member or someone you trust can:

- Remind you what to say
- Take notes and get information
- Help you understand your health conditions or health concerns

Before a visit:

Write down your questions, and things you want to tell the health care provider. For example, what in your body feels bad, where and when?

Before I go home, I want to know information about...

My Health Problem

Answer _____

What I need to do

Answer _____

Why I need to do this

Answer _____

What I can expect

Answer _____

Who to call if I need help

Answer _____