

Tips for Clear Health Communication

✓ Check off the ones you will try:

- I will ask the 3 questions.
- I will bring a friend or family member to help me at my doctor visit.
- I will make a list of my health concerns to tell my doctor.
- I will bring a list of all my medicines when I visit my doctor.
- I will ask my pharmacist for help when I have questions about my medicines.

Your doctor, nurse, and pharmacist want you to get the information you need to care for your health. This card is to remind yourself what you need to do and the questions you can ask at your next medical visit.

How Do I Remember What to Do?

During your visit, your doctor or nurse may ask you to make healthy lifestyle changes. For example, you may need to exercise more or eat different foods. On the lines below, write down the changes you will make.

During my visit today, I will Ask 3 questions that will help me understand my health.

- 1 What is my main problem?
- 2 What do I need to do?
- 3 Why is it important for me to do this?