



Prepare for your visit. Make a list of the health concerns you want to talk about. Keep in mind that you might only have time to talk about one thing, so tell your doctor about your most important concern first.



Know your medicines. Bring a list of your medicines. Many people see more than one doctor. Having a list of the medicines you're taking can help you and your doctor make decisions about your treatment.



Use the Ask Me 3 questions Approach:

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



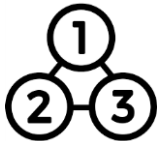
Take notes. Write down the things you talk about, and the decisions you make with your health care team. This will help you remember what you decided, and what you need to do.



Take someone with you. Bring a trusted friend or a member of your family to help you at your visits. He or she can help take notes and ask questions.



Ask for definitions. It's okay to say you don't understand. Health information that's new can be confusing. If someone on your health care team uses terms you don't understand, ask him or her to explain again, in plain language.



Recap. At the end of your appointment, tell your doctor or nurse what you plan to do and when and how you'll do it.



Follow-up. If you get home and still have questions, call or send a secure e-mail message to your health care team. Secure e-mail works well because it gives you complete privacy and you'll have a written record of your doctor's reply.