

QUESTIONS FOR BETTER HEALTH

BE AN ACTIVE PART OF YOUR HEALTHCARE TEAM

WHEN YOU TALK WITH YOUR DOCTOR, NURSE, OR PHARMACIST, ASK QUESTIONS TO MAKE SURE YOU FULLY UNDERSTAND WHAT THEY ARE TELLING YOU.

What questions should I ask?

- What is the main problem?
- What do I need to do?
- Why is it important for me to do this?

When should I ask these questions?

- When you see your doctor, nurse, pharmacist or member of your healthcare team.
- When you prepare for a medical test or procedure.
- When you get your medicine.

What if I still don't understand?

- Tell your doctor, nurse, pharmacist, or member of your healthcare team that you don't understand what they have told you.
- You might say, "This is new to me. Will you please explain that to me one more time?"

MANY PEOPLE ARE UNCOMFORTABLE ASKING QUESTIONS ABOUT THEIR HEALTHCARE. THE MORE YOU ASK THESE QUESTIONS, THE EASIER IT WILL BECOME FOR YOU.

ALWAYS ASK QUESTIONS WHEN YOU DON'T UNDERSTAND SOMETHING.



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