



Getting ready to talk about your health



Before your appointment

It's important to understand the health information you are given. This will help you make the right decisions for your health and care.

You might like to think about what matters to you. Here are some questions you might want to think about...

- What is my main problem?
- What do I want to be able to do?
- Why is this important to me?



You might find it helpful to take a list of your questions, as well as your medicines with you.

It's OK to bring a friend or relative with you.

It's OK to ask if you:

- are not sure what will happen at the appointment
- need help and support at the appointment
- have questions about any of the information you have been sent.

Even if your appointment is by telephone or video call **"...it is still OK to ask questions."**

If you find it hard to use computers or mobile phones, **it's OK to ask** someone for help about this too.

If you are worried about **Coronavirus** or have questions about how it will affect your treatment or anyone that you live with, remember **it's OK to ask** about this too.



At your appointment

When you are talking to your health professional about your health and care, knowing the answers to the following questions will help you to decide what is right for you:

- What are all of the options for my care?
- What are the pros and cons of each option?

REMEMBER it's OK to be involved as little or as much as you want to be when speaking with your health care professional.



At the end of your appointment

Once you feel all your questions have been answered you don't have to make a decision on the spot. You might want to think about things or talk to family and friends. Once you have done that, you may have more questions, **it's OK to ask**.