

Partners:



School
of Health
Sciences



Tips for dealing with your HEALTH INFORMATION



Understanding your health is important
for taking care of yourself.

Sometimes, health information can be **hard to understand**,
but there are **things you can do**.



Before Your Visit:

1. **Make a list** of any complaints, questions or concerns you have.
2. **Write down** all medications you are taking, including dosage and frequency.
3. Bring your **insurance card** and any necessary **paperwork** or referrals.
4. Consider bringing a family member or friend for **support** and to help you remember information.



During Your Visit:

1. **Ask for explanation** of difficult words in plain language.
2. **Take notes or ask** if you can record the conversation for reference later.
3. **Don't be afraid to share** any concerns or complaints you may have.
4. Speak up and **ask questions** if you don't understand something.



After Your Visit:

You should be able to answer the following questions:

What is my main problem?

What do I need to do?

Why is it important for me to do this?

If you cannot answer the questions don't be afraid to ask.
Your therapist will be happy to help you!