

Be Your Own *Health Advocate*



Before Office Visits:

Questions to ask yourself before your office visit

- ✓ What are my health goals?
- ✓ Who can support me on this health journey?
- ✓ Who can I bring to my office visit to act as my advocate?
- * Make a list of all the health questions you want to ask your doctor at your next appointment.
- * List your current symptoms and note any recent changes for your next appointment.

At Your Office Visit:

Important questions to ask every practitioner

Let your practitioner know at the start of your appointment that you have questions, so they can save time for them at the end. **Your doctor values your active involvement in your care plan!**

- ✓ What are your goals for me?
- ✓ What can I do to reduce or eliminate some of the medications I'm on?
- ✓ What specific plan do you have to help me make these changes?
- ✓ What referral would you suggest to help me get on a healthier plan?
(e.g., physical therapist, trainer, acupuncture, nutritionist, dietician, health coach, or therapist)