

Balloon Notes

Talking to My Health Care Team



Skill: Be able to interact directly with your health care team (answer questions and take part in decision-making).

Prepare for your appointment by writing down some things your health care team might ask you. For example:

- Your name, age and brief medical history.
- Any medicines you are taking, and when and how much you take.
- Any concerns you have.

Try to write down three questions to talk with your health care team during the visit. For example, you could write down questions if you:

- Don't understand something about your illness.
- Would like to change something about your treatment.
- Need more information to make good decisions.

Practice a few times with people you feel comfortable with on your health care team.

Don't forget to write down any new information or changes in treatment.

Things to bring to your appointment:

- Your ID
- Insurance card
- Co-payment, if needed
- List of medicines
- List of allergies
- List of other health care providers you see
- Any forms your health care team needs to fill out
- Your list of questions and something to write on

Actions:

- Practice talking to the providers and staff you feel most comfortable with.
- Ask questions when you don't understand.
- Know your rights as a patient.
- Ask if you can go to your parents' medical appointment and watch how they interact with their health care team.