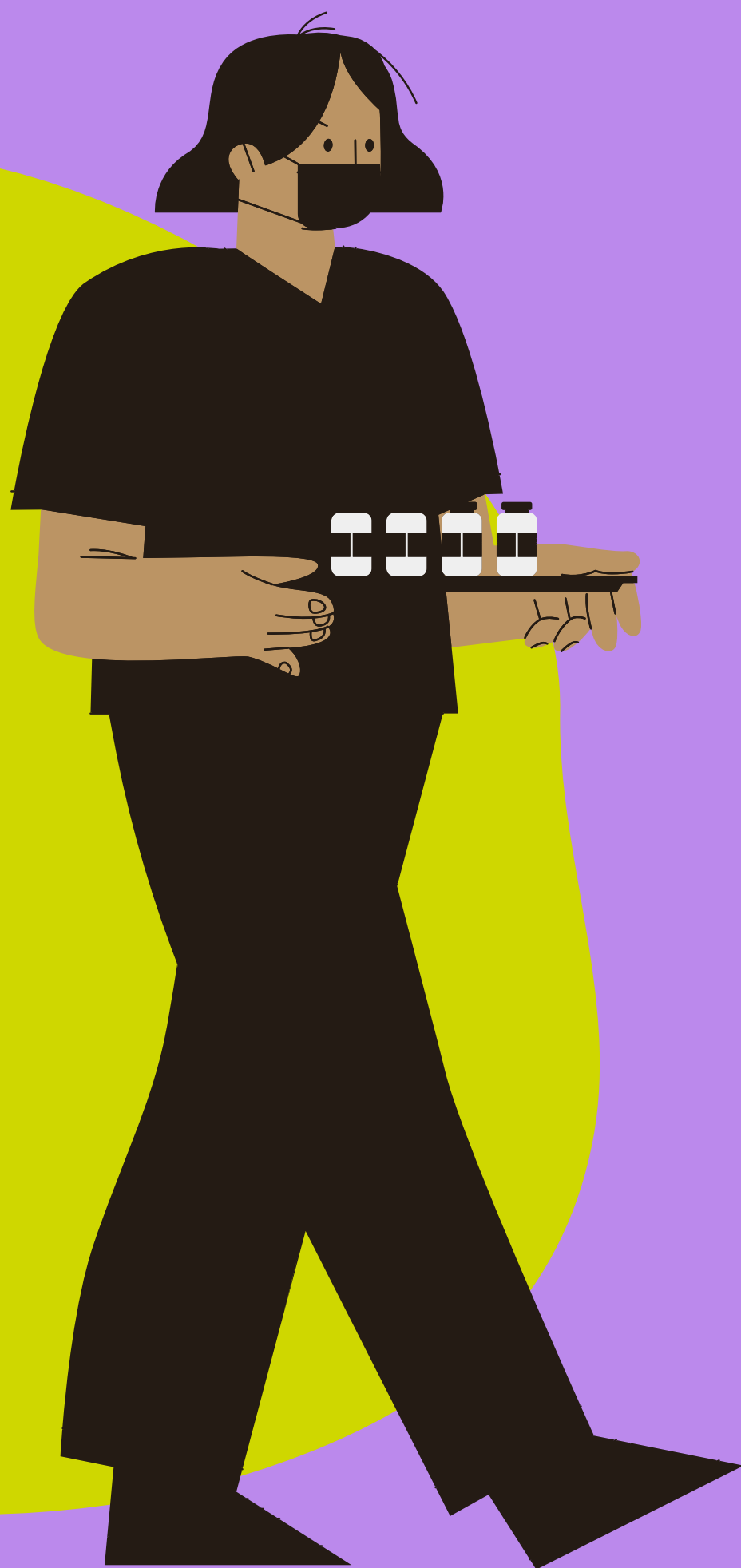


# BE YOUR OWN HEALTH ADVOCATE



1

## ASK QUESTIONS

Knowledge is power. Don't feel ashamed to ask questions related to your health. If you don't understand something, make sure it is clarified. With this knowledge, you can play a more active role in the decisions made regarding your health.



2

## KEEP YOUR OWN RECORDS

In healthcare, everything that happens is documented. It is your legal right to have access to these records. Exercise your right to obtain your health record and keep it on hand should you see a new doctor who may not know your medical history. Maintain a habit of keeping your own health records to avoid having to rely on the health system to pull past records. This can save time and energy should a health crisis arise unexpectedly.

3

## KEEP A JOURNAL

If you have an injury or health-related concern, document it in a journal. Take descriptive notes of your symptoms with the time and date of onset. This information will help your physician personalize a diagnosis and treatment plan specific to your needs. It's also a great idea to keep a log of any medications taken and side effects if they occur.

4

## GET A SECOND OPINION

Even the smartest health experts disagree with one another. If you feel that you aren't receiving the best care or you feel that a doctor is not listening to your individual needs, get a second opinion. This is always within your right and can be an essential part of advocating for yourself in healthcare.

5

## BE HONEST WITH YOUR DOCTOR

Sometimes health concerns are close and personal. Do not be embarrassed or ashamed. There is nothing your doctor hasn't heard before. Be open and honest so your healthcare team can give you the best care given your specific situation.