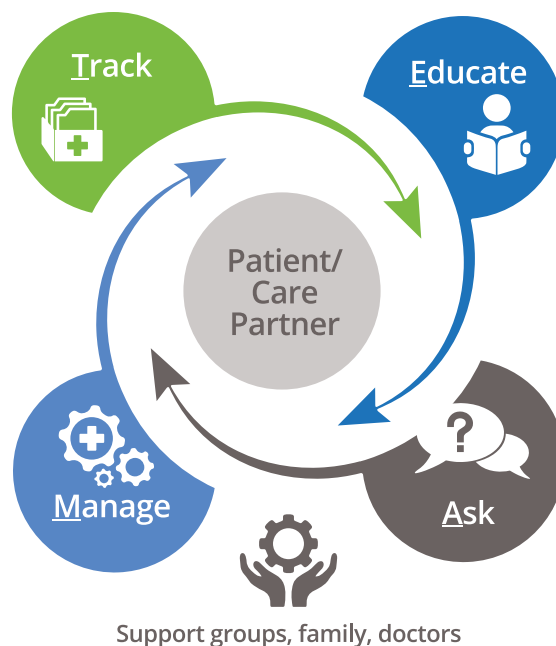


How To Be Health Confident: **ASKING QUESTIONS ABOUT OUR HEALTH**

Learning how to be confident in managing our health and health care is a work in progress. The benefits of having the knowledge, skills and confidence to be an active partner in our health and health care are numerous. It's important we see ourselves as part of our health care team **#PartnersinHealth**.

Asking questions about our health and health care is often not an easy thing to do. However, it can help open up communication between us and our health care team. A good place to start is to open up with questions such as: Why, what if and how can we do this together?



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- Before any appointment with a member of your health care team, take a moment to sit down and prepare a few questions
- Write down your top five questions for the appointment (and if you only have time for three, make sure you are happy with your top three)
- Before your appointment, remember to take your questions with or put them in your phone
- At your appointment, let your health care team member know you have a few questions you would like to ask
- Make sure you take note of the answers to your questions
- Keep a place where you can keep a running list of questions, especially if you have a health condition. Often important questions can pop up at the most unexpected time and place

