

# Questions to ask your healthcare team

## Working with your healthcare team

### Be an active participant:

If you don't understand what your healthcare team\* is telling you, let them know right away. Be open and honest. You could say:

- "This is new to me. Would you mind explaining it slowly, using language that is easier to understand?"
- "Can you show me a picture or model to help me understand?"

Medical terms can be technical and hard to understand. Ask for explanations and examples to ensure you fully understand them.



*\*Healthcare team refers to patients, their caregivers, and healthcare providers that come together to plan and coordinate a person's care.*

### Questions

1. What do I need to know? Is there a current concern? If so, what is it?

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2. What does this mean?

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3. What are my next steps?

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4. Why is it important for me to do this?

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