



Tips for talking with your healthcare team:

- **Ask for more information or resources** about your concerns, medications, or treatment options
- **Write down or record** instructions and information you're given before you leave
- **Repeat back** the instructions given to you
- **Practise** any steps in front of your healthcare team
- **Confirm** who from the team should be your main contact and when and how you can expect to hear from them

**You're the most important part.
Take an active role in your healthcare.**

For more tips,
scan the QR code
or visit hqca.ca/info

