

5 Steps to KNOW

for a great medical appointment

1

KNOW your questions

Make a short list of your most important questions and bring the list with you.

2

KNOW what is being said

Ask your provider to speak in plain language not those big, long terms.

3

KNOW the wellness plan

Ask your provider to explain the plan for your care in three simple steps.


Over please





KNOW why the plan is important

Ask your provider to explain what will happen if you forget to follow the plan.



KNOW your medications

Ask these questions to understand your medications

- Why am I taking this?
- How will this help my condition?
- What times should I take it?
- What will happen if I miss a dose?

We want you to build a great partnership with your providers and to **Be in the KNOW** about your health!

Brought to you through our partnering organizations

