



Guide for talking to your health care team

Although every person experiences their symptoms differently, you know your body better than anyone else. So, when it comes to your health, you're the best person to communicate your health-related questions. But when you're in the middle of a doctor's appointment, sometimes it can be difficult to remember everything that you wanted to discuss with your health care team. This is why it can be great to have a list of the questions you plan to ask in order to help you and your health care team to come up with an appropriate treatment plan for you.

Print these pages and mark the questions you want to ask at your next appointment. If there is something specific that you want to ask that is not covered on this page, feel free to fill in your own questions on page 2.

Question	Health care professional's answer
<input type="radio"/> Are there specific symptoms that I should look out for?	
<input type="radio"/> Are my symptoms expected to get better or worse over time?	
<input type="radio"/> What can I expect from the treatment you are recommending, both short-, intermediate- and long-term?	
<input type="radio"/> Why do different treatments have different formats and what is the difference between treatment formats?	
<input type="radio"/> How would the treatment you are recommending fit with my lifestyle and how often would I have to take it?	
<input type="radio"/> In your experience with other patients who have managed their condition well, are there certain lifestyle changes or steps that they have taken?	
<input type="radio"/> Is the treatment you are recommending covered by health insurance or another assistance program?	
<input type="radio"/> What has been your experience, or other patients' experiences, with the support program?	
<input type="radio"/> Are there any tests I am required to complete before or during my treatment? What are the tests for and why are they important?	



Have more questions for your health care team? Fill them in the table below.

Question	Health care professional's answer
<input type="radio"/>	
<input type="radio"/>	
<input type="radio"/>	
<input type="radio"/>	
<input type="radio"/>	
<input type="radio"/>	

Bring these pages with you to your next appointment and complete them with your health care professional's advice. By taking an active role in your care, you help ensure that you fully understand your treatment plan and how to stick to the goals you have set out for yourself. Talk to your health care professional about what being successful on the treatment journey can look like for you.