



## Just Tell ... why I'm seeing the doctor

Better sharing between you and your doctor and health professionals

**▶ Tell the doctor:**

What I want to talk about

What is my main problem,  
concern or is bothering me  
*or* How I am feeling

What has changed  
*or*  
What I am doing different

What is most important to  
me that I am able to keep  
doing in my home



# Just Ask ... what I need to do

Better sharing between you and your doctor and health professionals



The doctor told me

to Start

to Go

to Change

to Stop/Quit



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