

## Talking with Your Health Care Team

**Note: My NM Care corner is not intended to replace clinical care or management by a healthcare provider. If you have a medical emergency, please contact your healthcare provider.**

You can help your care team deliver the best care possible by telling them about your needs and discussing any questions or concerns you may have. Here are a few simple ways to improve communication with your health care team.

- Before each medical appointment, make a list of any questions or concerns you wish to discuss about your illness, treatment plan, or side effects. Bring the list to your appointment.
- Ask a family member or friend to join you at visits with your health care provider. Your family member or friend can take notes during the appointment, freeing you to focus on the conversation. If your family member or friend is unable to attend an appointment with you in person, you can ask them to join via speakerphone.

Don't hesitate to ask questions if a member of your health care team says something that you don't understand. If something is unclear, try repeating back what you heard. For example, you may say, "So you mean I should..." or "So I think you are suggesting that..."

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